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The Arthur and Elizabeth
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Gift of Grace Chu

CHINESE AND ENGLISH COOK BOOK

華英字厨書

CHONG JAN & CO.
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NOTE

看請

The following is a Table of Measures and Weights, which will be found useful in connection with the Recipes :—

合入厨做是、則法的量秤是下以
.的用

One quart of Flour	1 lb.	.磅一是即 、餘許一粉麵
Two cupfuls of Butter	1 lb.	.磅一是即 、杯兩油塔白
One pint of Liquid	1 lb.	.磅一是即 、脫音拋一乳牛水湯
Two cupfuls of Granulated Sugar	1 lb.	.磅一是即 、杯兩糖白粗
One pint of finely chopped Meat, packed solidly	1 lb.	、脫音拋一、的實結按、肉細斬 .磅一是即

The cup used is the common kitchen cup, holding half a pint.

、用常所內湯厨是、杯的說所文上
.的脫音拋個半放以可

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MARKETING.

BEEF

Beef is not only one of the most nutritious kinds of meat, but in the end it is the most economical, for there is not a scrap of it which a good housekeeper will not utilize for food.

As to Choosing it.

Good steer or heifer beef has a fine grain, a yellowish white fat, and is firm. When first cut it will be of a dark red color, which changes to a bright red after a few minutes' exposure to the air. It will also have a juicy appearance; the suet will be dry, crumble easily and be nearly free from fibre. The flesh and fat of the ox and cow will be darker, and will appear dry and rather coarse. The quantity of meat should be large for the size of the bones. Quarters of beef should be kept as long as possible before cutting. The time depends upon the climate and conveniences. A side of beef is first divided into two parts called the fore and hind quarters. These are then cut into variously shaped and sized pieces.

論菜市上的東西

論牛肉

大概肉的當中、牛肉是最好、因爲吃了、可以加添氣力、價錢又比別樣肉是賤、而且並無一樣丟棄、都是有用的。

揀選的法則

牛肉要揀選細嫩、不可太老、油的顏色要白而帶黃、用手摸去覺硬、切開時要帶紫色、方是好肉。若是老一點的肉、用是可以用、必過顏色帶黑、肉是粗、倘然骨大肉少、一定是老牛肉。殺了就吃、是不狠好、須要掛幾天爲妙。遇冷天可以多掛幾天、若是熱天、要小心變壞。全牛殺時、直剖兩半、橫割一刀、分爲四塊、就是兩前腿、兩後腿。四塊當中、再可以分各樣的名目。

The Hind Quarter.

The hind quarter consists of the loin, rump, round, tender loin or fillet of beef, leg and flank. The loin is usually cut into roasts and steaks.

Next the loin comes the rump, from which are cut steaks, roasts and pieces for stewing, braising, *à la mode* and soups. Next the rump comes the round, from which are also cut steaks, pieces for *à la mode*, stewing, braising and soups.

The flank is cut from the loin, and is used for corning and stewing.

The sirloin is cut in all sizes, from eight to twenty pounds, to suit the purchaser. The end next the ribs gives the smallest pieces, which are best for a small family.

After the bone and steaks have been taken from the round there remain nice pieces for stewing and braising, and still lower the meat and bones are good for soups and jellies. The price decreases as you go down to the shank.

Fore Quarter.

The shoulder is used for stews, beef *à la mode*, roasts and steaks, and is also corned. The sticking piece, commonly called the back of the shoulder, but which is really the front, is used for stews, soups, pie-meat and for corning. The shin is used for soups, and the brisket and ribs for corning and for stews and soups.

後腿的分法

一、腰窩排骨。二、腰窩牛排。三、牛圈。四、肺利。五、牛腿。六、米龍牛排。七、角尖。腰窩排骨的做法、最好是烘、或是烤。

腰窩牛排的做法、是烤、烘、煮、孛來尊、挨拉馬特、做湯。牛圈可以與腰窩牛排一般做法、也可以鹽鹹。腰窩排骨的當中、有二都燒肉、此肉最嫩、如人少、不必買整塊、買小的一頭就够了。買的時候、須要小心、不可騙店中人搭賣米龍牛排。肺利是最嫩的肉、可以烤、或是孛來尊。牛腿與米龍牛排、可以做湯、或是煮、或是做凍。角尖可以烘、有的人算爲有味、所以喜歡吃他。

前腿的分法

一、牛肩。二、牛胸。三、角尖。牛肩可以煮、烤、烘、挨拉馬特、鹽鹹。牛胸的做法、最好是煮湯、或是鹽鹹。角尖的做法、與上次講的一般。

MUTTON.

Mutton is very nutritious and easily digested. The best quality will have clear, hard, white fat, and a good deal of it; the lean part will be juicy, firm and of a rather dark red color. When there is but little fat, and that is soft and yellow, and the meat coarse and stringy you may be sure that the quality is poor. Mutton is much improved by being hung in a cool place for a week or more. Mutton like beef, is first split through the back, and then the sides are divided, giving two fore and two hind quarters.

Hind Quarter.

This consists of the leg and loin, and is the choicest cut. It makes a fine roast for a large family, but for a moderate-sized or small one either the leg or loin alone is better. A hind quarter, taken from a prime animal, will weigh from twenty to thirty pounds.

Leg.

This joint is nearly always used for roasting and boiling. It has but little bone, as compared with the other parts of the animal, and is therefore an economical piece to select. It is not common to find a good leg weighing under ten or twelve pounds.

論羊肉 胡羊

羊肉與牛肉、是一般好、不過做法、比牛肉是少、因爲他的氣味、不能與別樣食物同煮也。好羊肉的油、顏色是白、硬而且多、精肉的汁是多、顏色深紅。若是油少、顏色帶黃、手摸去覺軟、肉粗、一定是不好。羊肉掛在通風之處、約一禮拜、其味最佳。全羊殺時、剖分的法則。與牛肉同。

後腿連腰窩

人家人口多、可以一同烘食、人口少、或單用後腿、或祇用腰窩。羊若是壯大、則後腿連腰窩、共重約二十磅至三十磅。

後腿

有兩樣做法、就是烘與煮。這樣的肉、骨少肉多、所以買他、比別樣是便宜。若是壯羊腿、其重約十餘磅。

Loin.

In the loin there are about seven ribs, which make a good roast for a small family. This cut is particularly nice in hot weather. It is not as large as a leg, and the meat is besides of a lighter quality and more delicate flavor.

Fore Quarter.

In this is included the shoulder and breast. When the shoulder-blade is taken out the quarter makes a good roast for a large family. The shoulder is nice for roasting or boiling. The breast can be used for a roast, for broths, braising, stewing or côtelettes.

Chops and Cutlets.

Chops are cut from the loin. They are called long when the flank is cut on them, and short if without it.

When one has a large family it brings all kinds of meat cheaper to buy large pieces untrimmed, as the trimmings can be used for soups, stews, etc.; but for a small family it is much better to purchase only the part you want for immediate use.

LAMB.

Lamb is cut and sold like mutton. Being much smaller, however, a hind or fore quarter is not too large for a good-sized family. Lamb will not keep as long as mutton, for, being juicy, it taints more readily. It is of delicate flavor until nearly a year old, when it begins to taste like mutton and is not so tender. The bones of a young lamb will be red, and the fat hard and white. This meat is in season from May to September.

腰窩 腰窩當中、有七根肋骨、若是人口少、可以用他烘食、最好熱天用、因爲這塊肉、不狠臊氣、所以人都喜歡他。

前腿 前腿連羊肩與羊胸一同烘食、人口多的可以用。若是人少、單用羊肩就彀了、或是烘、或是煮、都可以。羊胸可以烘、或做湯、或孛來尋、或考梯臘偷。

排骨 腰窩上切下的、名叫排骨。人口少、不要太貳、祇買短的一頭、若是人口多、可以總買、因爲骨頭、也可以做湯。○無論人家人多、要買大塊、倘然人少、祇買合用的、就彀了、因爲買大塊、價錢雖是便宜、但是不合用、亦是浪費錢文也。

論小羊 剖分的法則、與大羊同。小羊的後腿、大概作一頓吃、是不嫌多。小羊的肉汁是多、所以不能多貯擱時候。小羊的肉味、要在一年內的、是最好、若過年、就是大羊了。小羊的骨、顏色是紅、油硬而白、吃的時候、是在四月至八月。

VEAL.

The calf being so much larger that the sheep, the fore and hind quarters are not cooked together, and for an ordinary family both are not purchased. The animal is, however, cut into the same parts as mutton. The loin, breast and shoulder are used for roasting. Chops are cut from the loin and neck, those from the neck being called rib chops or côtelettes. The neck itself is used for stews, pies, fricassees, etc. The leg is used for cutlets, fricandeaux, stews and roasts and for braising. The fillet of veal is a solid piece cut from the leg—not like the tender loin in beef, but used in much the same way. The lower part of the leg is called a knuckle, and is particularly nice for soups and sauces. Good veal will have white, firm fat, and the lean part a pinkish tinge. When extremely white it indicates that the calf has been bled before being killed, which is a great cruelty to the animal, besides greatly impoverishing the meat. When veal is too young it will be soft and of a bluish tinge. The calf should not be killed until at least six weeks old. Veal is in the market all the year, but the season is really from April to September. Veal is not nutritious nor easily digested. But such a number of nice dishes can be made from it, and when in season the price is so low, that it will always be used for made dishes and soup.

論小牛肉

身體比羊是大、所以腿與腰窩要分開用。剖分的法則、與羊同。腰窩、肩肉、胸肉、可以烘。腰窩與頸肉、可以做牛肉排。頸肉也可以煮。腿可以煮、或烘、或孛來尊。肺利的做法、與大牛同。膝蓋骨可以做湯、其味最好。好的小牛、油硬而色白、精肉的顏色、是淡紅。若是肉的顏色白、就可以知道殺的時候、血已經流盡、滋味亦無有矣。牛若是太小、他的肉必帶藍色、是不能吃、至少須生出後、過六個禮拜。小牛隨時可以買、必過三月至八月的、是算最好。小牛的肉、不甚補、必過滋味最佳、做法亦多。

PORK.

Pork, although not so much used in the fresh state as beef, mutton, etc., is extensively employed in the preparation of food. Fresh young pork should be firm; the fat white, the lean a pale reddish color and the skin white and clear. When the fat is yellow and soft the pork is not of the best quality.

The parts into which the hog is cut are called the leg, loin, rib piece, shoulder, neck, brisket, head and feet. The legs and shoulders are usually salted and smoked. The loin is used fresh for roasting. The ribs are treated in the same way as the loin. The loin and ribs are both used for chops and steaks. The brisket is corned. The head is used while fresh for head cheese, or is divided into two or four pieces and corned. The feet are sometimes sold while fresh, but are most frequently pickled. The fat taken from the insides of a hog and also all the trimmings are cooked slowly until dissolved. This, when strained and cooled, is called lard. By getting the leaf or clear fat and trying it out one is sure of a pure article.

Sausages.

These should be make of pork, but there is often a large portion of beef in them. They should be firm, and rather dry on the outside.

論猪肉

鮮猪肉、滋味不及牛羊肉、所以西國人不甚多用。精肉用手摸去要硬、油色要白、肉色淡紅、皮須白而潔淨、方是好肉。若是油的顏色黃而軟、一定是不好。剖分的法則、就是腿、腰窩、角尖、肩、頸圈、胸、頭、脚。腿與肩、可以鹽鹹。腰窩可以烘而鮮吃。角尖的煮法、與腰窩同、亦可以做猪肉排。胸肉可以鹽鹹。頭可以做凍、亦可分做四塊而鹽鹹。脚有人鮮吃、亦有人鹽之而吃、猪油熬熟後、有大用。

脫腸

單用猪肉做的是好、有人雜以牛肉、滋味就不佳了。未煮熟的、摸去要硬、外面要乾、若是濕、必定是不好。

Liver.

Calves' liver is the best in the market, and when properly cooked several nice dishes can be made from it. Beef liver is much larger and darker than calves', has a stronger flavor and is not so tender.

Pigs' liver is not nearly so good as the calves' or beeves', and comes very much cheaper.

Hearts.

Both the calves' and beeves' hearts are used for roasting and braising. The calves' are rather small, but tenderer than the beeves'. The heart is nutritious but not easily digested.

Kidneys.

The kidneys of beef, veal, mutton, lamb and pork are all used for stews, broils, *sautés*, curries and fricassees. Veal are the best.

Tongues.

These are very delicate. Beef tongue is the most used. It should be thick and firm, with a good deal of fat on the under side. When fresh, it is used for bouillon, mince pies and to serve cold or in jelly. Salted and smoked, it is boiled and served cold. Lambs' tongues are sold both fresh and pickled.

肝

小牛的肝、若是做的好、其味最佳。大牛的肝是大、顏色深紫、但氣味太重、不及小牛的嫩。猪肝最是下品、必過價錢是賤。

心

大牛小牛的心、都可以吃、或是烘、或孛來尋。小牛的心雖然小、但是比大牛的嫩。

腰子

大牛、小牛、羊、猪的腰子、都有用處、或是煑、或是烤。小牛的腰子、其味最佳。

舌頭

此物最佳。大牛的舌頭、用處是多。要厚、撰去要硬、舌根多油。新鮮的、可以做湯、或是煑熟後冷吃、或是做凍。鹽鹹、亦可煑而冷吃。小羊的舌頭、滋味亦好、或新鮮、或鹽鹹、無不可。

POULTRY AND GAME.

Chickens.

All fowls less than a year old come under this head. The lower end of the breast-bone in a chicken is soft, and can be bent easily. The breast should be full, the lean meat white, and the fat a pale straw color. Chickens are best in the last of the summer and the fall and winter.

Spring Chickens.

These are generally used for broiling. They vary in size, weighing from half a pound to two and a half pounds. The small, plump ones, weighing about one and a half or two pounds, are the best. There is little fat on spring chickens.

Fowls.

These may be anywhere from one to five or six years old. When over two the meat is tough, dry and stringy.

They should be fat, and the breast soft and full. The meat of fowl is richer than that of chickens, and is, therefore, better for boiling and to use for salads and made dishes. The weight of bone is not much greater than in a chicken, while there is much more meat.

論雞類與野味

雞

買的時候、要摸他胸前、硬如骨的、是老雞。若活動如粗筋、就不是老雞、他的肉必定是嫩。胸前的肉凸出的、是壯雞。肉的顏色要白、油要黃、最好吃的時候、是在夏、秋、冬、三季。

新雞 春季的

此等雞要剖分兩半、放在鐵架上烤熟吃。半磅至二磅半重的、都可以用、重一磅半的、是算最好。胸前的肉凸出的、一定是壯雞。

老雞

買的時候、要看他胸前、肉凸出的、必定是壯雞、雖然老、滋味還好、汁水亦厚、可以煮熟吃、也可以做湯、或拌生菜。因爲他的肉是多骨頭是少、所以比別的雞用處是多。

Turkeys.

The lower end of the breast-bone should be soft, and bend easily, the breast be plump and short, the meat firm and the fat white. When the bird is very large and fat the flavor is sometimes a little strong. Eight or ten pounds is a good size for a small family.

Geese.

It is more difficult to judge of the age and quality of a goose than of any other bird. If the windpipe is brittle and breaks easily under the pressure of the finger and thumb, the bird is young, but if it rolls the bird is old. They are not good when more than three years old. To be perfect they should be not more than one year old. They are in season in the fall and winter.

Ducks.

The same tests that are applied to chickens and geese to ascertain age and quality are made with ducks. Besides the tame bird, there are many kinds that come under the head of game. The domestic duck is in season all the year, but the wild ones only through the fall and winter.

Pigeons.

There are two kinds of pigeons found in the market, the tame and the wild, which are used for potting, stewing, etc. The tame are best in the autumn and winter.

火雞 摸雞的胸前、覺硬如骨的、必定是老、必須軟而活動、方是嫩雞。肉要多、要硬、油的顏色要白、雞若太大、味必不鮮、八磅至十磅重的、都可以用得。

鵝 看鵝的法則、比別樣是難、要摸他的喉管、脆而容易斷的、其肉必嫩。若是摸去覺硬而不活動、其肉必老。大概一年內的鵝、是算最好、秋冬兩季可以吃。

鴨 揀選鴨、與揀選雞鵝的法則同。有野家二種、家的隨時可以用、若是野的、必過秋冬兩季可以吃。

鴿子 鴿子、有野家二種。揀選的法則、與雞同。野的、滋味最好。秋冬兩季可以吃。煮的法則、寫在後面。

Grouse.

The flesh of these birds is dark, but exceedingly tender. Grouse should be plump and heavy. The breast is all that is good to serve when roasted, and, being so dry, it should always be larded. The season is from September to January, but it is often continued into April.

Partridge.

This bird is so like the grouse that the same rules apply to both.

Quail.

These birds are found in the market all through the fall and winter. They are quite small, are nearly always tender and juicy, and not very expensive.

Woodcock.

The woodcock is a small bird. It has a fine, delicate flavor, and is much liked.

Squabs.

These are the young of the tame pigeons. Their flesh is very delicate, and they are used for roasting and broiling.

雉鳩
肉的顏色帶灰黑、肉味最美。揀選的法則、要胸肉多、因爲祇能用胸前的肉、餘多無用也、所以買的時候、要多買些。肉的本性是乾、所以要穿猪油。烘的時候、宜時時澆湯爲要。秋冬兩季吃、是算最好、有時春季亦可吃。

鳥鶉
揀選與煮的法則、是與雉鳩同。

鵪鶉
秋冬兩季都有。形狀雖然小、肉味甚美、肉亦嫩、價錢亦便宜。

竹雞
形狀甚小、肉最細、味最美。人都喜歡吃他。

嫩鴿子
是家鴿子的小的、肉最嫩、亦是最鮮。吃的法則、可以烘、亦可以烤。

Venison.

There should be a good deal of fat on this meat. The lean should be dark red and the fat white. Venison is in season all the year, but is most used in cold weather. In summer it should have been killed at least ten days before cooking; in winter three weeks is better. The cuts are the leg, saddle, loin, forequarter and steaks.

Other Game.

There are numerous large and small birds which are used for food. In selecting game it must be remembered that the birds will have a gamey smell, which is wholly different from that of tainted meat.

FISH.

To Select Fish.

When fresh, the skin and scales will be bright, the eyes full and clear, the fins stiff and the body firm. If there is a bad odor, or if the fish is soft and darker than is usual for that kind, and has dim, sunken eyes, it is not fit to use.

Cod-fish.

This is good all the year, but best in the fall and winter. When cooked it breaks into large white flakes. It is not as nutritious as the darker kinds of fish, but is more easily digested.

鹿肉。油多的是好。精肉的顏色要紫、油要白。冬天吃是最好。須要掛幾天、冷天要多掛幾天。最好吃的、就是前腿、後腿、肩胛、肋骨。

各樣野味

揀選的時候、要小心、因爲他本來有臊氣、與家物不同、若是氣味變臭、是不可以用。

論魚揀選的法則

皮要堅硬、鱗要有亮光、眼要清而凸出、凹陷的是不好、腮要硬、若是軟的、是不新鮮、**不可以用。**

白鱘魚

隨時可以吃、秋冬兩季是算最好。煮熟的時候、肉易分開、肉色潔白、人都喜歡吃他。但是補益不多。此等魚、鹹的亦可以用。

Salmon.

Salmon is in season from April to July. Being very rich, a much smaller quantity should be provided for a given number of people than of the lighter kinds of fish.

Sturgeon.

This fish is large. The flesh is of a light red color and the fat of a pale yellow. There is a rather strong flavor. The season is from April to September.

Mackerel.

This fish is nutritious and cheap. It is in the market through the spring and summer, and averages in weight between one and two pounds.

Lobsters.

This shell-fish is in the market all the year, but is best in May and June. If the tail, when straightened, springs back into position, it indicates that the fish is fresh. The time of boiling live lobsters depends upon the size. If boiled too much they will be tough and dry. The medium-sized are the tenderest and sweetest. A good one will be heavy for its size. Lobsters must be alive when put into the pot.

Where fresh lobsters cannot be obtained, the canned will be found convenient for making salads, soups, stews, etc.

撒們魚
吃的時候、應在三月至六月。此等魚比白色肉的魚、要少吃、所以買的時候、要少買些。

蛤魚
身體是大。肉色淡紅、油色淡黃、滋味最有力。吃的時候、最好在三月至八月。

馬乾魚
價不甚貴、能補人身。春夏兩季吃之最好。每魚重一磅至二磅的、最爲合用。

龍蝦
隨時可以買、必過在四五月的、是最好。要曉得新鮮不新鮮、可將他的尾拖出、縮進的是好、不縮進的是宿。煮的時候、要依蝦的大小、大的工夫要多。然而煮的過久、肉要乾而硬、所以要買不大不小的。最好要活的時候、放在水內煮、若是活的不能買、就可以買馬口鐵匣內的。可以拌生菜、或是做湯。

Crabs.

These are in the market all the year. They are sold alive and also, like the lobster, boiled.

Shrimps.

Shrimps are much the shape of a lobster, but very small. They are used mostly for sauces to serve with fish. Their season is through the spring, summer and fall. Shrimps are good in a salad.

Oysters.

No other shell-fish is as highly prized as this. The sooner the oyster is used after opening the better. The oyster is not good to eat in the months of May, June, July and August.

The common sized are good for all purposes of cooking, except broiling and frying, when the large are preferable.

Samli.

The samli is good from March until December or January. This is a large fish, ten pounds or more in weight. It has a very fine flavor and white meat.

蝤蟹

不拘何時都有、活的是好。煮的法則、與龍蝦同。

蝦

形狀與龍蝦同、必過身體甚小。春夏秋三季可以吃。大概人做汁、和魚同吃。又一法、與生菜拌食。

蠔房

此爲水族中之最美、人都喜歡吃他。殼一開、要就吃、加遲、就無味了。四五六七月、不可以吃。做的法則是多、加要煮、必須用大的、若是做湯、小的是好。

鱘魚

吃的時候、約在三月至十一或十二月。大的約重十餘磅、魚的肉色是白、滋味甚鮮、大概人喜歡吃。

VEGETABLES.

Spinach.

Spinach is always in season, but is valued most in winter and spring. It should be green and crisp.

Asparagus.

Asparagus is in season in May and June. The heads should be full and green. When old it becomes woody.

Cauliflower.

The leaves of this vegetable should be green and fresh, and the heads a creamy white. When the leaves are wilted, or when there are dark spots on the head, the cauliflower is not good.

Tomatoes.

The tomato comes next to the potato in the variety of forms in which it may be served. They are in season from June to September.

Beans.

All fresh beans should be of a good green color and crisp. If they are wilted and yellow or dull color they are old and not fit for food.

論菜蔬

菠菜 隨時都有、必過冬春兩季是最好。買的時候、要揀選青而脆的。

龍鬚菜 四五月的是好。頭要大、顏色要青而嫩。若是老、則梗中起筋、不可用。

花菜 葉要青而脆、花要白色。若是葉軟、花中有黑點、則宿而不合用。

番柿 山芋是做飯中最多用之物、但是這個番柿、是算第二等有用之物。最好吃的時候、是在五月至八月。

豆 不拘各種豆、顏色青而硬的是好、若是黃而軟、是不新鮮。

Celery.

The heads should be close and white, and the stalks should break off crisply. Celery is a delicious salad. Save the trimmings for soups.

Lettuce.

Lettuce is found in the market nearly all the year. It should be crisp and green, and be kept until used in a very cold place.

Mushrooms.

Are in the market nearly all seasons. Great care should be taken to get the fresh mushrooms from reliable dealers. Mushrooms are used as a relish for breakfast and tea, or as an entrée. There is no other vegetable that gives such a peculiarly delicious flavor to meat sauces.

Green Corn.

Green corn should be tender and milky, and have well-filled ears. If too old it will be hard, and the grains straw colored, and no amount of boiling will make it tender. Corn is boiled simply in clear water.

Artichokes.

The artichoke is used as a salad, is boiled and served as a vegetable, and is also pickled. It comes into the market about July.

旱芹

頭上的葉要含瓣、枝梗要硬而脆、過於老的、不可以用。可生吃、亦可煮在湯中。

生菜

四時都有、顏色要青而脆。要放在陰凉之處、着熱即壞。最好要浸在水中。

菌

隨時都有、要揀選靠得住的店肆去買、因爲有的菌有毒也。有人用他做早點、有人做盆菜和肉同煮、是菜中最上的品。

新鮮珍珠米

顆粒軋緊而多的是好、每粒用指甲壓下、見汁多者爲佳、若是老的、顏色黃而硬、無論煮多少時、亦不能酥。做的法則、祇能於水中煮熟。

外國芋艿

生吃、或煮、或醃臧、都可以。

Yams.

These are in season in August, and last for a month and are about the size of a small egg. The larger size come in December and are in season about three months. These are the size of an orange or larger.

Cucumbers.

Cucumbers should be perfectly green and firm for a salad, and when to be pickled they must be small. If for cooking it does no harm to have them a little large and slightly turned yellow.

Radishes.

There are two forms of the radish commonly found in the market, the long one and the round one. Radishes are in season in the spring and summer and are used mostly as a relish.

Sweet Herbs.

If one is too far from the market and cannot get fresh herbs when wanted, it can be easily managed by growing the plants in pots in the window. For soups, sauces, stewing and braising, one wants sweet marjoram, summer savory, thyme, parsley and sage. Mint and parsley should be used green. Keep the rest tied together in a paper bag or box, where they will be dry.

中國芋艿

吃的時候、是在七月至八月、大小是與小一些的雞蛋差不多。大的名芋頭、大如橘子、在冬季三個月、都可以吃。亦有如碗一般大的。

黃瓜

生吃的、要青而脆。若是醃鹹、要揀小。若是煮熟、則雖老、亦不要緊。

紅蘿蔔

有兩種、一種、是圓。一種、是長。春夏兩季可以吃、生吃是好。

香草

若是無處購買、可以種在盆內、以便隨時應用。大概人做湯、煮肉、或享來尋、都用這個香草。香草的名字、就是牛膝草、茵芋、芫荽、紫蘇、薄荷。芫荽與薄荷、要新鮮用、不可乾。其餘可以晒乾、放在乾燥之處、或匣內。

GROCERIES.

The manner in which a housekeeper buys her groceries must depend upon where she lives and how large her family is. In a country place, where the stores are few and not well supplied, it is best to buy in large quantities all articles that will not deteriorate by keeping. If one has a large family a great saving is made by purchasing the greater portion of one's groceries at wholesale.

Flour.

It is well to keep a large quantity of flour on hand in a *dry* place. Providing the place is *dry*, all kinds of flour are better the longer they are kept. Buying in small quantities is extremely extravagant. When you have become accustomed to one brand, and it works to your satisfaction, do not change for a new one. The *best* flour is the cheapest.

Graham.

The best graham is made by grinding good wheat and not sifting. Graham, like flour, will keep in a cool, dry place, for years.

Indian Meal.

In most families there is a large amount of this used, but the quantity purchased at a time depends upon the kind of meal selected. The common kind retains a great deal of moisture, and, in hot weather, will soon grow musty; but the granulated meal will keep for any length of time.

論雜貨

買此等東西的時候、先要想到自己的住處、或是人口多不多、若是住在鄉下、祇有小店、貨物不多、則能存貯之物、可以在城中多買些、倘若人口多、可以躉買、較零買是便宜些。

麵粉

最好要多買些、放在乾處、乾處若多放幾時、則滋味好而合用、若是零碎買、花費反多、倘若此店有好的出賣、則可以常買、因爲買高貨、比低貨合算是便宜、且無麻煩的物。

磨碎的麥 即未曾去麩的

中國如無有、可以將麩皮與麵粉幷和用、要放在乾處、或透風的所在、就可以與麵粉一般的長久。

珍珠米粉

人口多、此物最有用。有乾濕粗細兩種。細而濕的、要少買、因爲熱天不能久放。粗而乾的、可以放的長久。

Rye Meal.

This meal will grow musty in a short time in hot weather, so that but a small quantity of it should be bought at a time. The meal is much better than the flour for all kinds of bread and muffins.

Oat Meal.

There are several kinds of oat meal. The coarse kind will keep longer than the fine ground, but it is best to purchase often and have the meal as fresh as possible.

Cracked Wheat.

This is the whole wheat just crushed or cut like the coarse oat meal, but, unlike the meal, it will keep a long time. It is cooked the same as oat meal.

Hominy.

This is made from corn and it comes in a number of sizes, beginning with samp and ending with a grade nearly as fine as coarse granulated sugar. The finest grade is really the best, so many nice dishes can be made with it which you cannot make with the coarse. Hominy will keep a long time.

Sugar.

The fine granulated sugar is the best for general family use. It is pure and dry; therefore, there is more in one pound of it than in the damp, besides its sweetening power being considerably greater.

小麥粉

熱天不能久放、所以要少買。若是做饅頭與各樣點心、可以買略粗的。

大麥粉

有數種、粗的可以久放、細的不能、要隨時買、若是多買而久放、必定要壞。

舂碎的麥 西名克來克厥脫

舂碎的麥、與大麥一般粗、必過比大麥可以久放。煮的法則、與大麥一般。

和明

此是珍珠米研碎的、有粗細的分別。細的是好、因爲做的法則多、這個東西、可以長久存放。

糖

糖要揀細而乾鬆、因爲乾的比濕的、滋味甜也。濕的糖、價錢雖是賤、然而所費是多。

Spice.

It is well to keep on hand all kinds of spice, both whole and ground. They should not be in large quantities, as a good cook will use them very sparingly. For soups and sauces the whole spice is best, as it gives a delicate flavour and does not color.

English Currants.

These keep well, and if cleaned, washed and *well* dried will improve in flavor by being kept.

Raisins.

In large families, if this fruit is much used, it is well to buy by the box. Time does not improve raisins.

Soda, Cream of Tartar, Baking Powder.

There should not be so much of these articles used as to require that they be purchased in large quantities. If one prefers to use baking powder there will be no need of cream of tartar, but the soda will still be required for ginger bread, etc. The advantage of baking powder is that it is prepared by chemists, and the result will be invariable if the cook is exact in measuring the other ingredients.

香料

香料要各樣買些、預備應用、或是整塊、或是磨細。但是不可多用、有名做廚的人、香料用得不多。若是做湯、或汁、要用整塊、因爲滋味好、顏色美。

加蘭子

可以放長久、若預先洗淨、晒乾放好、滋味更佳。

葡萄乾

若是人口多、可買成箱、但是不能久放所以人口少的、應少買。

沙特　潤連姆他偷　陪金拋特

用這個東西、可以做酵、但是用處不多、所以不要多買。若是有了陪金拋特、則潤連姆他偷可以不買、沙特則必須要買、因爲另有別用。人買陪金拋特是最好、因爲是藥店中配製成的、若是做廚的人、在吃的東西內、料物加得相配、則用這個陪金拋特、一定是得法。

To be always kept on hand.

Besides the things already mentioned, housekeepers should always have a supply of rice, pearl barley, dried beans, split peas, tapioca, macaroni, vermicelli, tea, coffee, chocolate, corn-starch, molasses, vinegar, mustard, pepper, salt, capers and any canned goods of which a quantity is used. It is well to have a few such condiments as curry powder, Halford sauce, essence of anchovies and mushroom ketchup.

These give variety to the flavoring, and, if used carefully, will not be an expensive addition, so little is needed for a dish.

另有幾樣應買而存放的

米、薏仁米、乾豆、乾小豌、嗤吡溫格、通心粉、粉條、茶葉、加非、敲刻勒脫、六角粉、糖漿、芥辣粉、醋、胡椒、鹽、開剖司、另有外國運來裝在箱中或瓶罐內的、若是應用、亦要購買、再有幾樣香料、就是噶唎粉、外國醬油、醬油有三種要依人家喜歡的買買用以上各物、可使滋味好、吃的人喜歡。買的時候、價錢雖是貴、然而用的省儉、費錢亦是不多。

CARE OF FOOD

A great saving is made by the proper care and use of cooked and uncooked food. The first and great consideration is perfect cleanliness. The ice chest and store room should be thoroughly cleaned once a week; the jars in which bread is kept must be washed, scalded and dried thoroughly at least twice a week. When cooked food is placed in either ice chest or store room it should be perfectly cool; if not, it will absorb an unpleasant flavor from the close atmosphere of either place. Meat should not be put directly on the ice, as the water draws out the juices. Always place it in a pan, and this may be set on the ice. All the trimmings and every scrap of meat and bone left from roasts and broils should be saved for the soup pot. Trimmings from ham, tongue, corned beef, etc. should all be saved for the many relishes they will make. Cold fish can be used in salads and warmed up in many palatable ways.

One should have a number of plates for cold food, that each kind may be kept by itself. The fat trimmings from beef, pork, veal, chickens and fowl should be tried out while fresh, and then strained. The fowl and chicken fat ought to be kept in a pot by itself, for shortening and delicate frying. The fat should be cooked slowly until the sediment falls to the bottom and there are no bubbles. It can then be strained into the jar; but if strained while bubbles remain, there is water in it and it will spoil quickly. Another pot should be kept for the fat in which articles of food have been fried. In this way the same fat may be used a number of times. Occasionally, when you have finished frying, cut up two or three uncooked potatoes and put in the boiling fat. Set in a cool place for about half an hour and then strain. The potatoes clarify the fat. Ham fat is used by many people for frying eggs, potatoes, etc., but it should not be mixed with other kinds. The fat from mutton, lamb, geese, turkey or duck will give an unpleasant flavor to anything with which it is used. Every particle of soup and gravy should be saved, as a small quantity of either adds a great deal to many little dishes. The quicker food of all kinds cools the longer it keeps. This should be particularly remembered with soups and bread.

Bread and cake must be thoroughly cooled before being put into box or jar. If not, the steam will cause them to mould quickly. Crusts and pieces of stale bread should be dried in a slow oven and rolled into fine crumbs on a board, and put away for anything that is breaded. Pieces of stale bread can be used for griddle-cakes and puddings and for dressing for poultry and other kinds of meats. Stale cake can be made into puddings. If from any cause, butter becomes rancid, to each pint of it add one tablespoonful of salt and one teaspoonful of soda; mix well, then add one pint of cold water and set on the fire until it comes to the boiling point. Now set away to cool and when hard take off the butter in a cake. Wipe dry and put away for cooking purposes. It will be perfectly sweet.

Milk, cream and butter all quickly absorb strong odors; therefore, care must be taken to keep them in a cool, clean room or in an ice chest. Cheese should be wrapped in a piece of clean linen and kept in a box Berries must be kept in a cool place and uncovered.

小心保守食物

煮熟或未曾煮熟的東西、如若小心、可以積省甚多、第一要緊、是要潔淨、不可汚穢。氷箱與貨食房、最少每禮拜收拾一次。饅頭箱、每禮拜要用熱水泡洗兩次。煮過的東西、必須待冷、然後收藏、不然要餿壞。肉不可放在氷上、須用盆碗來盛、因爲肉遇氷、其汁要流出、肉味就無有了。各樣肉、或是烘、烤、煮過的、要存留、可以做湯。火腿、牛舌頭、鹹牛肉、餘下來的、亦可再用。煮過的魚、亦有用處、或用生菜拌食、或者再煮。各樣肉、要放在各器、切忌幷在一處。猪油、牛油、雞油、熬熟後、要用篩濾去渣滓、各樣油不可幷在一處、須分開收藏。煎最好的東西、要用雞油、熬油的功夫、須等起過泡、渣滓澄在底下是好、火若然太旺、亦不好、熬好後、要慢慢的倒在器中、濾去渣滓、另外放在器內藏好。用過的油、亦可再用、照這樣的法則、油可以用多回、油用多回後、顏色發黑、可用兩三個山芋切塊、放在油內煎過、則黑色被山芋收去、油的顏色、仍舊好了。火腿油與別種油不同、不可煎別物、祇可煎蛋與山芋。羊油、鵝油、火雞油、鴨油、氣味不佳、無所用、祇可棄去。湯與汁要存留、必有用處。大概的東西、煮後就冷的、可以存之久、慢慢

冷的必定易壞。饅頭與糕須冷的透然後收藏。若熱未退盡必要發霉。饅頭的硬邊與屑要烘乾研細收藏。宿的饅頭亦有用處可以做點心亦可以放在雞肚內。宿的糕也可以做點心。白塔油若壞可以製煉假如半斤油可用鹽一大匙沙特一小匙三樣調和後加冷水半斤煮至水滾即離火待冷取其油沫去水漬存留可以煎物或點心顏色雖是不佳然而滋味是好。牛奶奶油白塔油三種若放在有氣味的所在必定要變壞要放在潔淨之處若是熱天要放在氷箱內。欵司要用潔淨的布包好放在箱內。小水菓要掛在通風之處若用器蓋好就要壞。

SOUPS.

Stock for Clear Soups.

Time 9 hours; 5 lbs. of clear beef; 5 qnarts of cold water, 1 head of celery, 1 onion, 4 small or 3 large carrots, 2 turnips, a bunch of sweet herbs, pepper and salt. Cut off the meat from the bone, put the bone into stew pan with water, let boil slowly for 4 hours; then strain into large basin; when cold, remove cake of fat; cut meat into small pieces, put them into stew pan with strained gravy, herbs tied together; celery, onions, carrots and turnips cut small; let simmer slowly for 5 hours, seasoning with pepper and salt to taste. When done, take out herbs, and it will be ready for use or for the foundation of all kinds of clear soups.

論湯

牛肉湯

做湯的功夫、須做九點鐘、用牛肉五磅、不可太肥、葱頭一個、旱芹一顆、胡蘿蔔三個、如小要用四個、小白蘿蔔兩個、香草、胡椒粉、鹽、每樣一些。○做法、每一磅肉、要用冷水一斤、將牛肉切開、把骨頭拿出、敲碎、先放在水內煮四點鐘、用篩濾去渣滓、放在罐內冷定、撇去浮油。然後將肉切成小塊、放在湯內、葱頭等類要切碎、香草用線紮好、一同加入湯內、用慢火煮五點鐘。吃的時候、要加鹽、胡椒粉、各一些、要留心不可太多。湯煮好後、須將香草取出、然後可以吃、這個是湯的根本。若是要做別樣湯、祇要換香料、或添換別的東西、就可以了。

Bouillon.

Bouillon is made the same as the clear stock, using a pint of water to the pound of meat, and seasoning with salt and pepper and with the spice, herbs and vegetables or not, as you please.

巴利恩湯　做法與上文牛肉湯一般、必過牛肉湯用水一誇偷、此用一拋君脫。這個湯、是請大客人用。要加鹽、胡椒粉、香粉、其餘香草雞蛋等、各隨人的喜歡。

Mulligatawney Soup.

Chicken or turkey left from a former dinner, bones and scraps from roast veal, lamb or mutton, altogether about 3 lbs., 4 quarts of water, 4 stalks of celery, 4 tablespoonfuls of butter, 4 of flour, 1 of curry, 2 onions, 2 slices of carrot, ½ a small cup of barley, salt and pepper. Put on the bones of the poultry and meat with the water. Have the vegetables cut very fine, and cook gently 20 minutes in the butter; then skim them into the soup pot, being careful to press out all the butter. Into the butter remaining in the pan put the flour, and when that is brown, add the curry powder and stir all into the soup. Cook gently 4 hours; then season with salt and pepper, and strain. Return to the pot and add bits of chicken or turkey, as the case may be, and the barley, which has been simmering 2½ hours in clear water to cover. Simmer 30 minutes and serve.

嘎唎湯　各樣吃剩的雞肉、火雞肉、小牛肉、羊肉、牛骨頭等、總共約三磅、冷水四誇偷、旱芹四莖、白塔油四大匙、麵粉四大匙、嘎唎粉一大匙、葱頭兩個、胡蘿蔔兩片、薏仁米小半茶杯、胡椒粉、鹽、各隨人的喜歡。○做法、先將骨頭肉等類、放入四誇偷冷水內煮。另用熬盆放白塔油、將旱芹、葱頭、胡蘿蔔切細、入白塔油內煮二十分鐘、把旱芹等在油內輕輕取出、放在湯內。盆中的油、要將麵粉放入、炒至黃色、後將嘎唎粉倒上調和、一併放在湯內、煮四點鐘。再加鹽與胡椒粉、用篩濾去渣滓、再煮一歇。如有整塊的雞、或火雞肉、要切成方塊、加在湯內。另外把薏仁米已經煮過兩點半鐘的、加入湯內、再煮半點鐘、就可以吃。

Consommé.

8 lbs. of a shin of veal, 8 lbs. of the lower part of the round of beef, ½ cupful of butter, 12 quarts of cold water, ½ a small carrot, 2 large onions, ½ a head of celery, 30 pepper-corns, 6 whole cloves, a small piece each of mace and cinnamon, 4 sprigs each of parsley, sweet marjoram

summer savory and thyme, 4 leaves of sage, about 1 oz. of ham. Put half of the butter in the soup pot. Cut the meat in small pieces and put it in also. Stir over a hot fire till the meat browns, then add 1 quart of the water, and cook about 1 hour. Add the remainder of the water and let it come to a boil. Skim carefully, and let it simmer for 6 hours. Cut the vegetables very small and fry in the remaining butter for 30 minutes, being careful not to burn them. When done turn into the pot and add the spices and herbs. Cook 1 hour; salt to taste and strain. Set in a very cold place until morning, when skim off all the fat. Turn the soup into the pot, being careful not to turn in the sediment, and set on the fire. Beat the whites and shells of 2 eggs with 1 cupful of cold water. Stir into the soup, and when it comes to a boil, set back where it will simmer for 20 minutes. Strain through a napkin, and if not ready to use, put away in a cold place. It will keep a week in cold weather, and about 3 days in warm weather.

康沙梅湯

小牛腿八磅、大牛腿八磅、白塔油半茶杯、冷水十二誇倫、小胡蘿蔔半個、大葱頭兩個、旱芹半棵、胡椒三十粒、丁香六粒、梅以司、桂皮、各一些、芫荽四枝、沒薔倫、衰物來、茴芹、各四枝、薄荷四枝、紫蘇四瓣、火腿一兩。○做法、將白塔油半茶杯的一半、放在罐內、把牛肉切好、入油內煎黃、加冷水一誇倫、煮一點鍾。再加其餘的冷水、燙至滾、撇去浮沫、用慢火熬六點鍾。燙的時候、將胡蘿蔔、旱芹等、切細、放在餘下的一半油內、煎半點鍾、要黃、不可焦、加在湯內。再加各樣香粉、香草、再煮一點鍾、加上鹽、嘗其鹹淡、用篩濾過、放在冷處一夜。至明晨、撇去浮油、再倒入罐內、倒的時候、要小心、除去底上所澄的渣滓。另用雞蛋兩個、去黃、帶殼與冷水一茶杯調和、放在湯內、燙滾、移在不甚熱的地方、煮二十分鐘。用潔淨的布濾過、就可以吃。若是不就吃、可以存放、熱天可以放三日、冷天可以放一個禮拜。

Glaze.

Boil 4 quarts of consommé rapidly until reduced to 1 quart. Turn into small jars, and cool quickly. This will keep for a month in a cool, dry place. It is used for soups and sauces and for glazing meats.

雜來士

做雜來士、必須用廣沙梅湯四茶偷、用旺火煮成一茶偷、放在小瓶內、使其快快冷、若時乾燥通風的所在、可以存放一個月。用法、或是放在湯內、或是做醬、或是攙在肉上。

Ox-tail Soup.

1 ox-tail, 2 lbs. lean beef, 4 carrots, 3 onions, thyme and parsley, pepper and salt to taste, 4 quarts cold water. Cut the tail into joints, fry brown in good dripping. Slice onions and carrots, and fry in the same when you have taken out the pieces of tail. When done tie them, the thyme and parsley, together in a net bag and drop into the soup pot. Put in the tail, then the beef cut into strips. Pour over all the water and boil slowly 4 hours; strain and season; thicken with brown flour wet with cold water; boil 15 minutes longer and serve.

牛尾湯

牛尾一個、瘦牛肉兩磅、胡蘿蔔四個、葱頭三個、冷水四茶偷、茴芹、芫荽、胡椒粉、鹽、每樣一些。○做法、將牛尾切成數段、放在油內、煎成黃色、取出、後將胡蘿蔔、葱頭、亦在油內煎好、取出、與茴芹芫荽同放夏布袋內紮好、放入罐內。再將瘦牛肉切小塊、與煎好的牛尾、亦放罐內、澆上冷水、用慢火煮四點鐘、濾去渣滓、加上鹽、胡椒粉。另用一些炒麵粉、用冷水調成漿、放在湯內調和、後再煮十五分鐘、待麵粉一熟、即好。

Oyster Soup.

2 quarts of oysters, 1 quart of milk, 2 tablespoonfuls of butter and 1 teacup of water. Strain the liquor from the oysters, add to it the water and set over the fire to heat slowly in a covered vessel. When it is near boiling, season with pepper and salt; and add the oysters and let them stew till they ruffle on the edge, which will be about 5 minutes. Then put in the butter with the milk which has been heated in a separate vessel, and stir for two minutes.

Serve with oyster or cream crackers. Great care should be taken with soup. Too much stewing ruins the bivalves, while an underdone oyster is very disagreeable. The plumpness of the body and ruffled edge are good signs of their right condition.

蠣房湯

蠣房去殼二誇倫、牛乳一誇倫、白塔油兩大匙、冷水一茶杯、鹽、胡椒粉、各一些。○做法、將蠣房用篩濾出汁、和一杯冷水、同放在罐內、蓋好、用慢火煮至將滾、就加胡椒粉、鹽、後將蠣房的肉放入、煮約五分鐘、見蠣房的邊起縐紋、就好了、然而蠣房邊的縐紋、不一定五分鐘、一縐就好。再將牛乳與白塔油、已經在別罐內煮滾的、加入、一同煮二分鐘、就可以吃。吃的時候、要與餅乾同吃、有人喜歡將餅乾擘碎、吃。湆湯在上、亦有人分做兩起吃。做這樣的湯、須要小心、工夫多則太老、工夫少則不熟、不能吃、要看蠣房肉發軟而胖、邊起縐紋、就可以了。

Meg Merrilies' Soup.

1 hare, 1 grouse, 4 onions, 1 small carrot, 4 slices of turnip, a bouquet of sweet herbs, 4 tablespoonfuls of butter, 3 of rice flour. ½ cupful of stale bread, ½ cupful of milk, 1 egg, 6 quarts of water. Wash the grouse and hare and put to boil in the 6 quarts of cold water, When this comes to a boil skim, put in the bouquet, and set back where it will simmer for 1 hour. Then take out the hare and grouse and cut all the meat from the bones. Return the bones to the soup and simmer 2 hours longer. Cut the meat into handsome pieces, roll in flour, and fry in the butter till a rich brown. Set aside for the present. Slice the onions, and fry in the butter in which the meat was fried; when brown add to the soup. Make force-meat balls of the livers of the hare and grouse (which have been boiled 1 hour in the stock), the egg, bread and milk. Boil the bread and milk together until a smooth paste. Mash the livers, then add the bread and milk and the egg, unbeaten. Season well with pepper and salt and, if you like, with a little lemon juice. Shape into small balls and fry in either chicken fat or butter. Put these into the soup 20 minutes before dishing. Have the turnip and carrot cut into small pieces and cooked 1 hour in clear water. When the onions and bones have simmered 2 hours, strain and return to the soup pot. Add the fried meat and vegetables. Mix the rice flour with 1 cupful of cold water; add to the soup, season with salt and pepper, simmer 10 minutes. Add force-meat balls and simmer 20 minutes longer.

埋斯理勒利司湯

野兎子一隻、雉鳩一隻、葱頭四個、小胡蘿蔔一個、白蘿蔔四片、香草一紮、米粉三大匙、白塔油四大匙、乾饅頭屑半茶杯、牛乳半茶杯、雞蛋一個、冷水六誇偷。○做法、先將野兎子與雉鳩收拾乾淨、放在水內洗過、浸在六誇偷冷水內、煮至滾、撇去浮沫、加上香料、放在火爐後面不甚熱的所在、用慢火煮一點鐘、把兎子與雉鳩取出、剔去肉、將骨頭再放在湯內、用慢火煮兩點鐘、然後將肉切成塊、滾上麵粉、放在三大匙白塔油內、煎至黃、取出放開。再將葱頭切細、放在油內煎黃、加在湯內。○做球的法則、將兎子與雉鳩的肝、先放在湯內煮一點鐘、取出、捺碎。又將乾饅頭屑與牛乳一同煮至如漿糊一般。然後將捺碎的肝放入、加上雞蛋一個、一同調和、撒上鹽、胡椒粉各一些、若是歡喜、可加上酸橘汁一些、圓成小球、放在雞油或白塔油內煎好。若是要用、要在吃的前頭二十分鐘、放在湯內、再將白蘿蔔、胡蘿蔔、切小塊、放在清水內煮一點鐘、將以上所講的葱頭與骨頭煮至兩點鐘後、用篩濾過、把湯仍放在罐內、加入煎好的肉與胡蘿蔔、白蘿蔔、再將米粉三大匙與冷水一杯調和、放入、再加鹽、胡椒粉各一些、用慢火煮十分鐘。再將做好的小球、就是即刻所說的、放在湯內煮二十分鐘、就可以吃。

Green Turtle Soup.

1 can of green turtle. Separate the green fat from the other contents of the can, cut into dice and set aside. Put 1 quart of water with the remainder of the turtle; add 12 pepper corns, 6 whole cloves, 2 small sprigs each of parsley, summer savory, sweet marjoram and thyme, two leaves of sage. Have the herbs tied together. Put 1 large onion, 1 slice of carrot, 1 slice of turnip, and 1 stalk of celery, cut fine, into a pan, with two large tablespoonfuls of butter. Fry 15 minutes, being careful not to burn. Skim carefully from the butter and put into the soup. Now into the butter in which the vegetables were fried, put two tablespoonfuls of dry flour, and cook until brown. Stir into the soup; season with salt and pepper and let simmer very gently 1 hour. Strain, skim off all the fat and serve with thin slices of lemon,

egg or force-meat balls, and the green fat. The lemon should have a very thin rind, and shoud be put into the tureen and the soup poured over it. Cooking the lemon in this or any other soup often gives it a bitter taste. If the soup is wished quite thick, add a tablespoonful of butter to that in which the vegetables were cooked, and use 3 tablespoonfuls of flour. Many people use wine in this soup, but it is delicious without. In case you do use wine there should not be more than 4 tablespoonfuls to this quantity. If you desire the soup extremely rich, use a quart of rich soup stock instead of the water. One can of green turtle will make enough soup for six persons.

腳魚湯

要買一馬口鐵罐的腳魚、將綠顏色的油、要切成梭子塊式樣、另外放好。罐內的魚肉與汁、要用冷水一誇偷、胡椒十二粒、丁香六粒、牛膝草、甚物來、茴芹、芫荽、紫蘇、各兩瓣、總共紮好、同入水內煮。另將葱頭一個、胡蘿蔔、白蘿蔔各一片、皁芹一莖、一同切細、放在兩大匙白塔油內、煎十五分鐘、要黃、不可煎焦、煎好取出、安在煮的湯內。剩下的油、要加入兩大匙麵粉炒黃、亦放入湯內、調和、加上鹽、如不辣、要加胡椒粉、再用慢火煮一點鐘、濾去渣滓、撇去浮油、就可以吃。吃的時候、要用牛肉餅子、或是雞蛋球、放在盆內、起初綠顏色的油、亦可放在盆內、再放一些酸橘、切成片、然後將湯倒在上面。若酸橘與湯同煮、湯必發苦味、所以必要在吃的時候倒上。有人或要厚湯、可將白塔油一匙、麵粉三匙、加入、就厚了。有人喜飲加酒、但是不用亦不妨、必如要用、加酒四大匙也夠了。若是要滋味鮮而好吃、可將一誇偷冷水、換做牛肉湯。這樣做法、一罐腳魚、可以夠六個人吃。

White Bean Soup.

Soak 1 quart of beans over night; in the morning pour off the water and add 3 quarts fresh, and set over the fire and boil until skins will easily slip off; throw them into cold water, rub well, and skins will rise to the top, where they may be removed. Boil beans until perfectly soft, allowing 2 quarts water to 1 quart of beans. Mash beans, and add 1 tablespoonful butter and 1 of flour rubbed together. Also salt and pepper. Cut cold bread into small pieces, toast and drop on the soup when you serve.

白豆湯

用乾白豆一誇偷、要浸在冷水內一夜、至明晨、倒去宿水、換清水三誇偷、煮至脫皮的時候、取出、放在冷水內、用手搓、則豆皮浮在水上、撩去豆皮。假如一誇偷豆、要用兩誇偷冷水再煮至爛、如有不爛的、可用匙捺碎。另用白塔油、麵粉、各一匙、調和、放在湯內、加上鹽、胡椒粉。再將饅頭切成小方塊、烤黃、同放湯內、就可以吃。

Black Bean Soup.

A pint of black beans, soaked over night in 3 quarts of water. In the morning pour off this water, and add 3 quarts of fresh. Boil gently 6 hours. When done there should be 1 quart. Add a quart of stock, 6 whole cloves, 6 whole allspice, a small piece of mace, a small piece of cinnamon, a stalk of celery, a bouquet of sweet herbs, also 1 good-sized onion and 1 small slice each of turnip and carrot, all cut fine and fried in 3 tablespoonfuls of butter. Into the remaining butter put 1 spoonful of flour, and cook until brown. Add to the soup, and simmer together 1 hour. Season with salt and pepper, and rub through a fine sieve. Serve with slices of lemon and egg balls, the lemon to be put into the tureen with the soup.

黑豆湯

黑豆一拋音脫、冷水三誇偷、浸一夜、至明晨倒去、換清水三誇偷、用慢火煮六點鐘、則豆與水、祇重一誇偷。加入牛肉湯一誇偷。丁香六粒、粵而司班司六粒、荳蔻粉一些、桂皮一小塊、旱芹一莖、各樣香草、用線紮好、放在湯內煮。再將葱頭一個、胡蘿蔔、白蘿蔔各一些、一同切細、用白塔油三大匙煎好、取出、放在湯內、另用麵粉一大匙、入油內炒黃、調在湯中、再煮一點鐘、加上鹽、胡椒粉、用粗篩濾、若有濾不去之物、可用匙捺之、使其過去。吃的時候、先放雞蛋球在盆內、再用酸橘切片、將湯澆在上面。

Tomato Soup (No. 1).

Scald and strain about a can of tomatoes, return to the sauce-pan, and while hot add a teaspoonful of soda. In another sauce-pan have ready a small bottle of milk (1 pint) scalded, and thickened with 1 dessertspoonful of flour rubbed into a bit of butter the size of an egg. Pour this into the tomato. Add pepper and 1 teaspoonful of salt and boil up. This is a substantial and nourishing soup and quickly made.

番柿湯第一法

將一罐口鐵匣內的番柿、用熱水泡去皮、放在罐內煮一歇、趁熱、加入沙特一小匙。另用一罐、放牛乳一抛音脫、煮滾、後將白塔油如雞蛋大的一塊、與麵粉一中匙調和、放在滾牛乳內再煮、然後倒在煮好的番柿內、加上鹽一小匙、胡椒粉一些、再煮滾、就好。這個湯、是用在忽然間有人來、不及預備的時候、最爲便易。

(No. 2.)

Another way is to make a clear beef soup and add enough tomatoes to give it a good flavor. Strain and serve.

第二法 先要預備清的牛肉湯、加入番柿、多少隨人的喜歡。煮好後、要在篩內濾過、就可以吃。

Okra Soup.

One cold roast chicken, 1 quart of any kind of stock, 1 quart of water, ½ lb. of salt pork, 1 quart of green okra, 1 onion, salt, pepper, 3 tablespoonfuls of flour. Cut the okra pods into small pieces. Slice the pork and onion. Fry the pork, and then the onion and okra. Cover closely, and fry half an hour. Cut all the meat from the chicken. Put the bones on with the water. Add the okra and onion, first being careful to press out all the pork fat possible. Into the fat remaining put the flour, and stir until it becomes a rich brown; add this to the other ingredients. Cover the pot, and simmer 3 hours; then rub through a sieve, and add the stock, salt and pepper, and the meat of the chicken cut into small pieces. Simmer gently 20 minutes. Serve with a dish of boiled rice.

嘿扣湯

烘過的雞一隻、牛肉湯二誇偷、冷水一誇偷、醃猪肉四兩、新鮮嘿扣一誇偷、葱頭一個、鹽、胡椒粉、各一些、麵粉三大匙。○做法、將新鮮嘿扣連莢壳切成段、醃猪肉、葱頭、切成片、先將醃猪肉煎好、取出、後將嘿扣葱頭煎半點鐘、要蓋好、火不可太旺、恐防焦。另外將烘雞切塊、將取出的骨頭、入一誇偷水內煮、再將煎好的嘿扣、葱頭、猪肉、一同安在湯內。煎剩的油、可將麵粉放入、炒黃、調在湯內、蓋好、用慢火煮三點鐘、濾去渣滓。加入牛肉湯、鹽、胡椒粉、與切塊的雞、用慢火再煮二十分鐘、就可以吃。吃的時候、要與米飯一同吃。

Giblet Soup.

The giblets from 2 or 3 fowls, 1 quart of any kind of stock, or if there are remains of the roast chickens, use these: 1 large onion, 2 slices of carrot, 1 turnip, 2 stalks of celery, 2 quarts of water, 2 large tablespoonfuls of butter, 2 of flour, salt and pepper. Put the giblets on to boil in 2 quarts of water, and boil gently until reduced to 1 quart (it will take about 2 hours); then take out the giblets. Cut all the hard tough parts from the gizzards, and put the hearts, livers and gizzards together and chop rather coarse. Return them to the liquor they were boiled in, and add the quart of stock. Have the vegetables cut fine and fry them in the butter until they are very tender (about 15 minutes), but be careful they do not burn; then add the dry flour to them and stir until the flour browns. Turn this mixture into the soup and season with salt and pepper. Cook gently 30 minutes and serve with toasted bread.

雞雜湯

取兩三隻雞肚中的心、肝、脾、肺、冷水兩誇偷、牛肉湯一誇偷、吃剩的烘雞不拘多少、大葱頭一個、旱芹兩莖、胡蘿蔔兩片、白蘿蔔一片、白塔油兩大匙、麵粉兩大匙、鹽、胡椒粉、各一些。○做法、先將雞雜入兩誇偷冷水內煮兩點鐘、則水祇存一誇偷。取出雞雜、有硬的不用、其餘的切細、仍舊放入、加上牛肉湯一誇偷。另將蘿蔔、葱頭、旱芹等、切細、入油內煎十五分鐘、不可焦、煎好後、將兩大匙麵粉、亦放油內炒黃、一同放在湯內調和。加上鹽、胡椒粉、煮半點鐘、可以吃。吃的時候、用烘饅頭切成方塊、放在湯內同吃。

Cocky-Leeky Soup.

Take a scrag of mutton or a shank of veal, 3 quarts of water (or liquor in which meat has been boiled), and a good-sized fowl, with 2 or 3 leeks cut in pieces, about 1 inch long, pepper and salt: boil slowly about 1 hour: then put in as many more leeks and give it 45 minutes longer.

考開利開湯

羊頸圈肉或小牛腿肉、煮肉的湯三誇偷、如沒有、用水三誇偷、雞大一些的一隻、利克司（即中國葱頭）兩三個、切小塊、約長一寸、鹽、胡椒粉、各一些。○做法、將各物并和、用慢火煮一點鐘之久、再將利克司兩三個加入、再煮三刻鐘。若是人不喜歡、可以不用牛羊肉、祇用牛肉湯、加上利克司、照以上的法則做兩次、就好了。

Potage à la Reine.

Boil a large fowl slowly in 3 quarts of water until it is tender. Skim off the fat and add a teacupful of rice, and, also, 1 slice of carrot, 1 of turnip, a small piece of celery and one onion, which have been cooked slowly for 15 minutes in 2 large tablespoonfuls of butter. Skim the vegetables carefully from the butter and stir 1 tablespoonful of flour into the hot butter. Cook until smooth, but not brown. Add this, as well as a small piece of cinnamon and of mace, and 4 whole cloves. Cook all together slowly for 2 hours. Chop and pound the breast of the fowl very fine. Rub the soup through a sieve; add the pounded breast and again rub the whole through the sieve. Put back on the fire and add 1½ tablespoonfuls of salt, ¼ of a teaspoonful of pepper and 1 pint of cream, which has come just to a boil. Boil up once and serve. This is a delicious soup.

派退其挨拉利恩湯

大的雞一隻、冷水三誇倫、煮爛、撇去浮油、加白米一茶杯、再煮。另將胡蘿蔔、白蘿蔔、各一片、葱頭一個、旱芹一些、放在兩大匙白塔油內煎十五分、取出、加入湯內、餘剩的油內、要放一大匙麵粉調和、不可炒黃、亦放在湯內。加上丁香四粒、荳蔻、桂皮、各一些、用慢火煮兩點鐘。將雞的胸肉斬細、搗碎成粉、加入湯內、濾去渣滓、再加鹽一大匙半、胡椒粉一小匙四分之一、奶油一拋音脫。但是奶油要先在別器內煮至將滾、一同加在湯內。再煮一滾、就可以吃了。

Potato Soup.

1 quart of milk, 6 large potatoes, 1 stalk of celery, 1 onion and 1 tablespoonful of butter. Put milk to boil with the onion and celery. Pare potatoes and boil 30 minutes. Turn off the water and mash fine and light. Add boiling milk and the butter, and pepper and salt to taste. Rub through the strainer and serve immediately. A cupful of whipped cream, added when in the tureen, is a great improvement. This soup must not be allowed to stand, not even if kept hot. Serve as soon as ready and it is excellent.

山芋湯 亦名薯蓣

大山芋六隻、牛奶一誇倫、旱芹一莖、葱頭一個、白塔油一大匙。○做法、先將葱頭、旱芹、與牛乳同煮至滾。另將山芋去皮、入水內煮半點鐘、取出捺碎、加入牛奶、白塔油、胡椒粉、鹽、濾過、再加一茶杯打過的奶油、就吃。這個湯不能多停、就吃爲妙。打過的奶油、不用亦無礙、用他必過是好吃些。

Green Pea Soup.

Cover 1 quart of green peas with hot water and boil with an onion until they will mash easily. (The time will be from 20 to 30 minutes.) Mash and add 1 pint of stock or water. Cook together 2 tablespoonfuls of butter and 1 of flour until smooth but not brown. Add to the peas and then add 1 cupful of cream and 1 of milk. Season with salt and pepper, and let boil up once. Strain and serve. A cupful of whipped cream at the last is a great improvement.

小碗湯

小碗一跨偷、葱頭一個熱水浸沒、煮念分或半點鐘、要煮爛、舂碎、加牛肉湯或水一拋音脫、另將兩大匙白塔油、與一匙麵粉、煎熱、調和、不可炒黃、加入湯內。再加奶油、牛乳、各一杯、撒上鹽、胡椒粉、煮滾、濾過、就可以吃。若是加上一杯打過的奶油、則更好吃。

Cream of Celery Soup.

1 pint of milk, 1 tablespoonful of flour, 1 of butter, 1 head of celery, 1 large slice of onion and a small piece of mace. Boil celery in 1 pint of water from 30 to 45 minutes; boil mace, onion and milk together. Mix flour with 2 tablespoonfuls of cold milk, and add to the boiling milk. Cook 10 minutes. Mash celery in the water in which it has been cooked, and stir into boiling milk. Add butter and season with salt and pepper to taste. Strain and serve immediately. The flavor is improved by adding a cupful of whipped cream when the soup is in the tureen.

旱芹湯

牛乳一拋音脫、麵粉一大匙、白塔油一大匙、旱芹一棵、大葱頭一片、荳蔻殼一小塊。○做法、將旱芹放入一拋音脫水內、煮半點或四十五分鐘。另將牛乳、葱頭、荳蔻殼同煮。再將麵粉入兩大匙冷牛乳內、調成漿、加入熱牛乳內、煮十分鐘。然後將煮過的旱芹搗碎、連湯加入牛乳中。加上白塔油、鹽、胡椒粉、濾去渣滓、就可以吃。吃的時候、要加一茶杯打過的奶油。

Egg Balls.

Boil 4 eggs 10 minutes. Drop in cold water and when cool remove the yolks. Pound these to a paste, and then beat them with a teaspoonful of salt, a speck of pepper and the white of 1 raw egg. Form into balls the size of a walnut. Roll in flour and fry brown in butter or chicken fat, being careful not to burn.

雞蛋球

雞蛋四個、煮十分鐘、就放在冷水內、使其快快冷、然後將蛋黃取出、用匙揉成粉、加入鹽一小匙、胡椒粉一些、生雞蛋白一個、并和做成球、如胡桃大、外面要滾上一些麵粉、用白塔油或雞油煎、要小心、不可以焦。

Fried Bread for Soups.

Cut stale bread into dice and fry in boiling fat till brown. Time about half a minute.

煎饅頭

乾饅頭切成小方塊、放在滾的油內煎、約半分鐘、煎至黃、不可以焦、放在湯內吃。

Fish Chowder.

5 lbs. of any kind of fish (the light salt-water fish is the best), ½ lb. of pork, 2 large onions, 1 quart of sliced potatoes, 1 quart of water, 1 pint of milk, 2 tablespoonfuls of flour, 6 crackers, salt and pepper. Skin the fish and cut all the flesh from the bones. Put the bones and head on to cook in the quart of water and simmer gently 10 minutes. Fry the pork; then add the onions, cut into slices. Cover and cook 5 minutes; then add the flour and cook 5 minutes longer, stirring often. Strain on this the water in which the fish bones were cooked and boil gently for 5 minutes; then strain all on the potatoes and fish. Season with salt and pepper and simmer 15 minutes. Add the milk and crackers which were first soaked for 3 minutes in the milk. Let it boil up once and serve. The milk may be omitted and a pint of tomatoes used if you like.

魚楷豆

鮮魚五磅、不拘海中或河中、肉色白的是好、猪肉半磅、大葱頭兩個、山芋一誇偷、去皮切片、冷水一誇偷、牛乳一拋音脫、麵粉兩大匙、餅乾六個、鹽、胡椒粉、各一些。○做法、先將魚皮剝下、然後剔去骨頭、骨頭與魚頭、要放在一誇偷水內用慢火煮十分鐘。猪肉要放在盆內、把葱頭切片、放入、蓋好、同煎五分鐘、去蓋、加入麵粉、再煎五分鐘、煎的時候、要用匙調動、然後將煮骨的湯、用篩濾在猪肉葱頭上、煮五分鐘、再濾去猪肉葱頭、加山芋片、魚、鹽、胡椒粉、用慢火煮一刻鐘就好。另將六個餅乾、已經浸在牛乳中的、加入、就可以吃。若不喜歡牛乳、可以用番柿一拋音脫加入、煮滾就好。

FISH.

Fish to be eatable should be perfectly fresh. Nothing else in the line of food deteriorates so rapidly, especially the white fish—those that are nearly free of oil, like cod, etc. Most of the oil in this class centres in the liver. Salmon, mackerel, etc. have it distributed throughout the body, which gives a higher richer flavor, and at the same time tends to preserve the fish. If the fish is kept on ice until used, it will retain much of its freshness; let it once get heated and nothing will bring back the delicate flavor. Fresh fish will be firm, and the skin and scales bright. When fish looks dim and limp, do not buy it. Fish should be washed in only one (*cold*) water, and should not be allowed to stand in it. If it is cut up before cooking, wash while whole, else much of the flavor will be lost. For frying, the fat should be deep enough to cover the article, and yet have it float from the bottom. If the same pot is used for other things great care must be taken to clean it thoroughly. All the cold fish left from any mode of cooking can be utilized in making delicious salads, croquettes and escalops.

論魚

大概買魚、要揀新鮮、宿的不但不可以吃、而且要使人生病。食物當中、要算魚是最易壞、白色肉之魚、像白鱸魚之類、更容易壞、因爲他的油、都在肝內也。馬乾魚、撒們魚之類、他的油在肉內、可以多放幾天、凡油在肉內的、他的滋味是鮮。若放在熱處、壞的更快、須放在氷上、可以長久。新鮮的魚、肉是硬、鱗有亮光、若是鱗暗而肉軟的、不可買。洗淨魚、要用冷水、只須洗一次、切不可洗兩三次、而且要囫圇洗、不要破開洗、亦不可浸在水中、洗後就煎爲妙。煎魚、油必須多、像魚汆在油內一般、魚煎好後、煎魚的盆、要收拾潔淨、可免腥臭。吃剩的魚、要存留、不可丟棄、必定有用處。

Boiled Fish.

A general rule for boiling fish, which will hold good for all other kinds, and thus save a great deal of time and space, is this: Any fresh fish, weighing between 4 lbs. and 6 lbs., should be first washed in cold water and then put into boiling water, enough to cover it, and containing one tablespoonful of salt. Simmer gently 30 minutes; then take up. A fish kettle is a great convenience, and it can be used also for boiling hams. When you do not have a fish kettle, keep a piece of white cotton cloth, in which pin the fish before putting into the boiling water. This will hold it in shape. Hard boiling will break the fish, which will make great waste, besides spoiling the beauty of the dish. A fish weighing more than 6 lbs. should cook for five minutes longer for every additional 2 lbs. Boiled fish can be served with a great variety of sauces. Many people put a tablespoonful of vinegar in the water in which the fish is boiled. The fish flakes a little more readily for it. Small fish require from 4 to 8 minutes to cook. They are, however, much better baked, broiled or fried.

煮魚

新鮮的魚、約重四磅至六磅的、用冷水洗淨後、要放在滾水內、加鹽一大匙、蓋好、用慢火煮半點鐘。如有做就煮魚的長罐、是最好、因爲亦可以煮火腿、如無長罐、可將魚用布包起、縫好、則煮後、可免破碎狼藉。煮的時候、雖是用滾水、然而魚放入後、須要慢火、若是旺火、魚身必碎。魚重六磅以外、每多兩磅、煮的工夫、須加五分鐘。像重八磅的、要用三十五分鐘、十磅的、要用四十分鐘。煮魚的法則不一樣、有人在煮的時候、加上醋一大匙、意思是在吃的時候、魚肉容易分開。最小的魚、煮的工夫、約四分鐘或八分鐘不等。但是這種小魚、最好或是烤、或是烘、或是煎。

Court Bouillon.

This preparation gives boiled fish a better flavor than cooking in clear water does. Many cooks use wine in it, but there is no necessity for it. 4 quarts of water, 1 onion, 1 slice of carrot, 2 cloves, 2 tablespoonfuls of salt, 1 teaspoonful of pepper, 1 tablespoonful of vinegar, the juice of ½ of a lemon and a bouquet of sweet herbs. Tie the onion, carrot, cloves and herbs in a piece of muslin, and put into the water with the other ingredients. Cover and boil slowly for 1 hour. Then put in the fish and cook as directed for plain boiling.

考脫巴利恩

冷水四誇偷、葱頭一個、胡蘿蔔一片、丁香兩粒、鹽兩大匙、胡椒粉一小匙、醋一大匙、酸柑汁半隻、香草葉好不拘、○做法、將葱頭、胡蘿蔔、丁香、香草等、放入夏布袋內、與鹽、胡椒粉等、同放水內、蓋好、用慢火煮一點鐘、然後將上文所講的魚放入、這等做法、是比上文的滋味是好些、有人喜歡加酒、算是有味、其實不加、亦無礙。

Boiled Cod with Lobster Sauce.

Boil the fish as directed [*see* Boiled Fish], and, when done, carefully remove the skin from one side; then turn the fish over on to the dish on which it is to be served, skin side up. Remove the skin from this side. Wipe the dish with a damp cloth. Pour a few spoonfuls of the sauce over the fish, and the remainder around it; garnish with parsley and serve. This is a handsome dish.

龍蝦汁澆煮白鱘魚 即十四號汁

白鱘魚的做法、是照上文第一次所講的、先將煮魚的水倒去、輕輕剝去一面魚皮、翻轉放在盆內、再剝一面魚皮、其盆先要揩得乾淨、將龍蝦汁先澆在魚上、再澆在盆子邊上、再將莞荽放在上面、排成花紋、這等做法、不但好吃、而且好看。

Baked Fish.

A general rule that will cover all kinds of baked fish is herewith given. A fish weighing about 5 lbs.: 3 large or 5 small crackers, ¼ lb. of salt pork, 2 tablespoonfuls of salt, ¼ of a teaspoonful of pepper, ½ a teaspoonful of chopped parsley, 2 tablespoonfuls of flour.

Scrap the fish free of scales and wash clean; then rub into it 1 tablespoonful of the salt. Roll the crackers very fine, and add to them the parsley, 1 tablespoonful of chopped pork, ½ of the pepper, ½ a tablespoonful of salt and cold water to moisten well. Put this into the body of the fish and fasten together with a skewer. Cut gashes across the fish, about ½ an ineh deep and 2 inches long. Cut the remainder of the pork into strips and put these into the gashes. Now put the fish into the baking pan, dredge well with salt, pepper and flour. Cover the bottom of the pan with hot water and put into a rather hot oven. Bake 1 hour, basting often with the gravy in the pan, and dredging each time with salt, pepper and flour. The water in the pan must often be renewed, as the bottom is simply to be covered with it each time. The fish should

be basted every 15 minutes. When it is cooked, lift from the pan on to the buttered tin sheet, and slide it carefully into the centre of the dish on which it is to be served. Pour around it Hollandaise (No. 13) sauce, tomato (No. 19) sauce or any kind you like. Garnish with parsley.

烘魚

魚約重五磅、大餅乾三個、如小要用五個、鹹猪肉三兩、鹽兩大匙、胡椒粉一小匙中四分之一、切細的芫荽半小匙、麵粉兩大匙。○做法、先將魚刮洗乾淨、用鹽一大匙擦擦、然後將餅乾研碎、加上切細鹹猪肉一匙、鹽半大匙、胡椒粉一半、切細的芫荽半小匙、用水調和成塊、放在魚肚內、竹籤串牢。魚的身上、要橫割刀痕、長二寸、深半寸、將餘剩的鹹猪肉切薄片嵌入。用麵粉、胡椒粉、鹽、各一些、撒上。烘盆內先放一些滾水、將魚放入、用旺火在爐內烘一點鐘、烘的時候、將盆中的湯、時時澆上、麵粉、胡椒粉、鹽、時時撒上、每十五分鐘做一次、滾水若乾、要再加、但不可以多加。烘好後用薄鐵片蘸上油、入烘盆內撩起、輕輕卸入吃的盆內、要小心、不可以碎。吃的時候、要澆上汁、或是第十三號汁、或是第十九號汁、或別樣汁、可隨人的喜歡而定。另加芫荽排成花樣。

Broiled Fish.

Young cod, mackerel, salmon and all other fish, when they weigh between ½ lb. and 4 lbs. are nice for broiling. When smaller or larger they are not so good. Always use a double broiler, which, before putting the fish into it, rub with either butter or a piece of salt pork. This prevents sticking. The thickness of the fish will have to be the guide in broiling. A fish weighing 4 lbs. will take from 20 to 30 minutes to cook. Many cooks brown the fish handsomely over the coals and then put into the oven to finish broiling. When the fish is very thick, this is a good plan. If the fish is taken from the broiler to be put into the oven, it should be slipped on to a tin sheet, that it may slide easily into the platter at serving time; for nothing so mars a dish of fish as to have it come to the table broken. In broiling, the inside should be exposed to the fire first, and then the skin.

Great care must be taken that the skin does not burn. All kinds of broiled fish can be served with a seasoning of pepper, salt and butter, or

with any of the following sauces: *beurre noir* (No. 11), *maître d'hôtel* (No. 12), Tartare (No. 20), Piquant (No. 18), Tomato (No. 19), and Curry (No. 17). Always, when possible, garnish with parsley or something else green.

烤魚

小白鱘魚、鳥乾魚、撒們魚、或別樣的魚、約在半磅至四磅的、再小再大、就不可以了。○做法、鐵絲烤架先要塗上油、則魚放在內、可免粘牢。烤的工夫、在於魚的大小、若是重四磅的、要用二十分鐘、或三十分鐘、若是小、則工夫要少。有人算爲烤黃後、就要放在爐內烘、若是要烘、魚必須大小的不能、而且要先放在鐵板上、後放在烘盆內、則可免破碎而不好看。若祇要烤、可將魚劈開、先烤無皮的一面、烤好後、再烤有皮的、要小心防烤焦、然後加上白塔油、鹽、胡椒粉、就可以吃。吃的時候、要澆上第十一號汁、或第十二號汁、或第二十號汁、或第十八號汁、或第十九號汁、或第十七號汁、不一定、若有菜蔬、要排上在面、是好看些。

Stewed Fish.

6 lbs. of any kind of fish, large or small; 3 pints of water, ¼ lb. of pork or ½ cupful of butter; 2 large onions, 3 tablespoonfuls of flour, salt and pepper to taste. Cut the heads from the fish, and cut out all the bones. Put the heads and bones on to boil in the 3 pints of water. Cook gently 30 minutes. In the meanwhile cut the pork in slices and fry brown. Cut the onions in slices, and fry in the pork fat. Stir the dry flour into the onion and fat, and cook 3 minutes, stiring all the time. Now pour over this the water in which the bones have been cooking and simmer 10 minutes. Have the fish cut in pieces about 3 inches square. Season well with salt and pepper, and place in the stew-pan. Season the sauce with salt and pepper and strain on the fish. Cover tight and simmer 20 minutes. A bouquet of sweet herbs, simmered with the bones, is an improvement. Taste to see if the sauce is seasoned enough, and dish on a large platter. Garnish with potato balls and parsley. The potato balls are cut from the raw potatoes with a vegetable scoop and boiled 10 minutes in salted water. Put them in little heaps around the dish.

烹魚（菜是肉多水少的意思）

魚六磅、不拘大小、水三拋音脫、猪肉三兩、如不喜歡肉、可以換白塔油半茶杯、大葱頭三個、麵粉三大匙、鹽胡椒粉、各一些。○做法、頭與骨頭、要放在一磅偷半水內、用慢火煮半點鐘。另將猪肉切片、煎黃、後將葱頭亦切片煎黃、再將麵粉在油內拌約三分鐘、然後將頭與骨頭的湯、倒在肉、葱頭、麵粉上、用慢火煮十分鐘。將魚肉切塊、約三寸方、加上鹽、胡椒粉、放入烹的罐內、將起初所煮的湯、加入鹽、胡椒粉、用篩濾去渣滓、倒在魚上。香草用布紮好、一同放在罐內、蓋好、烹二十分鐘、取出香草、嘗其味、若不佳、可再加鹽、或胡椒粉、放在大盆內、可以吃。再用山芋做的球與芫荽、在魚的四周排成花紋、山芋球的做法、是用生山芋、將做成的圓錐挖成、放在鹽水內煮十分鐘的。

Fried Fish.

All small fish are best fried. They should be cleaned, washed and drained, then well salted and rolled in flour and Indian meal (half of each) which has been thoroughly mixed and salted. For every 4 lbs. of fish have ½ lb. of salt pork, cut in slices and fried a crisp brown. Take the pork from the pan and put the fish in, having only enough to cover the bottom. Fry brown on one side; turn, and fry the other side. Serve on a hot dish, with the salt pork as a garnish. Great care must be taken that the pork or fat does not burn, and yet have it hot enough to brown quickly. Larger fish are cut in slices and fried in this manner; or, the slices can be well seasoned with salt and pepper, dipped in beaten egg, rolled in bread or cracker crumbs and fried in boiling fat enough to cover. This method gives the handsomer dish, but the first is the more savory. Where Indian meal is not liked, all flour can be used. Serve very hot. Any kind of fried fish can be served with *beurre noir* (No. 11 sauce), but this is particularly nice for that which is fried without pork. When the cooked fish is placed in the dish, pour the butter over it, garnish with parsley and serve.

煎魚

各樣小魚煎吃最好、先要收拾乾淨、洗過一次、將鹽擦上、再用麵粉與珍珠米粉各一半、拌和、加入鹽一些、滾在魚身上、如不喜歡珍珠米、單用麵粉、亦可以。魚若重四磅的、要用猪肉半磅、先將猪肉切片、煎黃、取出、後將魚放入、煎的時候、要一個一個放平、不可疊起。魚若多、要分數起煎、一面煎黃後、再煎一面、煎好、放在熱的盆子上、四周要放一些煎猪肉。煎猪肉的時候、要小心、火雖然熱、不可焦、焦則不能煎魚了、這個做法、是煎小魚的。至於煎大魚、要切片、如小魚之法煎、或切片後、將鹽、胡椒粉加上、兩面搽上打好的生雞蛋、再將餅乾研碎如粉、撒上煎的時候、油要多、用這個法則、是好看些、若用第一個法則、是好吃些。要熱吃、冷的就無味了。吃的時候、要澆上第十一號汁、再加芫荽做花。

To Cook Salt Codfish.

The fish should be thoroughly washed, and soaked over night. In the morning change the water and put on to cook. As soon as the water comes to the boiling point, set back, where it will keep *hot*, but will *not boil*. From 4 to 6 hours will cook a very dry, hard fish, and there are kinds which will cook in 30 minutes.

煮鹹白鱲魚

魚洗淨後、要在水內浸一夜、至明晨換清水、煮至水滾、就要移至火不甚旺的地方。有的魚、煮半點鐘就熟、有乾而硬的魚、煮的工夫、要四點鐘或六點鐘。

Common Fish Balls.

1 pint of finely-chopped cooked salt fish, 6 medium-sized potatoes, 1 egg, 1 heaping tablespoonful of butter, 2 tablespoonfuls of cream, or 4 tablespoonfuls of milk, and a little pepper. Pare the potatoes and put on in *boiling* water. Boil half an hour. Drain off all the water, turn the potatoes into the tray with the fish, and mash fine and light with a vegetable masher. Add the butter, pepper, milk and egg, and mix all very thoroughly. Taste to see if salt enough. Shape into smooth balls

the size of an egg, and fry brown in boiling fat, enough to float them. They will cook in 3 minutes. If the potatoes are very mealy it will take more milk or cream to moisten them, about 2 tablespoonfuls more. If the fat is smoking in the centre, and the balls are made *very* smooth, they will not soak the fat; but if the fat is not hot enough, they certainly will. Putting too many balls into the fat at one time cools it. Put in say 4 or 5. Let the fat regain its first temperature, then add more. Garnish with parsley and serve on a hot dish.

魚球

煮熟鹹魚斬細一撘音殿、中等山芋六隻、雞蛋一個、白塔油一大匙、奶油兩大匙、如無奶油、可用牛乳四大匙、胡椒粉一些。○做法、山芋去皮、入滾水內、煮半點鐘、倒去水、捺碎、與切細的魚幷和、加入白塔油、胡椒粉、牛乳、雞蛋、攪和、如淡、要加鹽、然後做成球、如雞蛋大、放在滾的油內汆、油要多、約三分鐘已熟、若山芋太乾、則牛乳要多、加約兩大匙、油要滾至青烟出、則煎出的、自然好吃、若油不熱、則有生油氣、煎的時候、球若太多、油容易冷、所以煎一次、祇四個、多不過五個、就撈了、若是多、須分數次煎、但是煎一次、油須熱一次、吃的時候、要放在熱的盆子上、四周加芫荽、做花紋。

Salt Cod in Purée of Potatoes.

6 large potatoes, 1 pint and 1 cupful of milk, 2 tablespoonfuls of butter, 1 small slice of onion, 1 pint of cooked salt cod fish, salt, pepper, 1 large tablespoonful of flour. Pare the potatoes and boil 30 minutes; then drain off the water, and mash them fine. Add the salt and pepper, 1 tablespoonful of butter and the cupful of milk, which has already been allowed to come to a boil. Beat very thoroughly, and spread a very thin layer of the potatoes on the centre of a hot platter. Heap the remainder around the dish, making a wall to heap in the cream and fish, which should then be poured in. *To prepare the fish:*—Put the pint of milk on to boil with the onion. Mix flour and butter together, and when well mixed add 2 tablespoonfuls of the hot milk. Stir all into the boiling milk, skim out the onion, add the fish and cook 10 minutes. Season with pepper, and, if not salt enough, add salt. Garnish the border with parsley and serve. This is a nice dish for breakfast or tiffin.

鹹魚與山芋

大山芋六隻、牛乳一拋音脫又一茶杯、白塔油兩大匙、葱頭一片、煮熟鹹魚一拋音脫、鹽、胡椒粉一些、麵粉一大匙。○做法、山芋去皮、煮半點鐘、倒去水、搽碎、加入鹽、胡椒粉、白塔油一大匙、熱牛乳一茶杯、攪和、放在盆上、攤做薄薄的一層、再做一圈、堆高、如一小城墻。再將葱頭一片、放入一拋音脫牛乳內煮滾、另外將麵粉、白塔油、調和、再加熱牛乳兩大匙、調和、後放在煮滾的熱牛乳中、調和後、拿去葱片、加入鹹魚、煮十五分鐘、撒上胡椒粉、如淡要加鹽、倒在所做的城內。另加芫荽做花、就可以吃了。這個菜、要在早晨或中飯用。

Salt Fish Soufflé.

1 pint of finely-chopped cooked salt fish, 8 good-sized potatoes, ¾ of a cupful of milk or cream, 4 eggs, salt, pepper, 2 tablespoonfuls butter. Pare the potatoes and boil 30 minutes. Drain the water from them, and mash very fine; then mix thoroughly with the fish. Add butter, seasoning and hot milk. Have 2 of the eggs well beaten, which stir into the mixture and heap this in the dish in which it is to be served. Place in the oven 10 minutes. Beat the whites of the 2 remaining eggs to a stiff froth and add ¼ of a teaspoonful of salt; then add the yolks. Spread this over the dish of fish; return to the oven to brown, and serve.

鹹白鱘魚瑣弗來

煮熟鹹白鱘魚斬細一拋音脫、大山芋八隻、牛乳或奶油大半茶杯、雞蛋四個、白塔油兩大匙、鹽、胡椒粉、各一些。○做法、將山芋去皮、煮半點鐘、倒去水、搽碎、與斬細的魚幷和、加入白塔油、鹽、胡椒粉、熱牛乳、打好的雞蛋兩個、再調和、放在深磁盆中、入爐內烘十分鐘。再將兩個雞蛋的白、打成沫、加入鹽、蛋黃、調和、倒在山芋與魚上、再烘至蛋白發黃、就好。

Cod, à la Crème.

A cod or other similar fish, weighing 5 lbs. or 6 lbs.; 1 quart of milk, 2 tablespoonfuls of flour, 1 tablespoonful of butter, 1 small slice of onion, 2 sprigs of parsley, salt and pepper. Put the fish on in boiling water enough to cover, and which contains 1 tablespoonful of salt. Cook gently 20 minutes; then lift out of the water, but let it remain on the tray.

Now carefully remove all the skin and the head ; then turn the fish over into the dish in which it is to be served, and scrape off the skin from the other side. Pick out all the small bones. You will find them the whole length of the back, and a few near the tail ; if you start right you will find it very easy. Then take out the backbone, starting at the head and work gently down toward the tail. Great care must be taken, that the fish may keep its shape. Cover with the cream, and bake about 10 minutes, just to brown it a little.

To prepare the cream :—Put the milk, parsley and onion on to boil, reserving ½ cupful of milk to mix with the flour. When it boils, stir in the wet flour. Cook 8 minutes. Season highly with salt and pepper, add the butter, strain on the fish and proceed as directed. Garnish with parsley, or you can cover it with the white of 3 eggs, beaten to a stiff froth, and then slightly browned.

白鱘魚和牛乳湯

若無白鱘魚、可以買別樣差不多的魚、約五磅至六磅的、牛乳一誇偷、麵粉兩大匙、白塔油一匙、葱頭一片、芫荽兩莖、胡椒粉、各一些。○做法、將魚浸入滾水內、加鹽一大匙、用慢火煮二十分鐘、取出、切去頭、剝去皮、要小心、不可以碎、翻過一面、放在吃的盆上、再剝去皮、剔去背上小骨如小心做、剔骨甚容易、近尾處幾根骨、亦要剔去、肋骨要從頭上剔起、是容易些、但是不可以碎。後將牛乳湯倒上、入爐內烘十分鐘、待其黃、就好。○做牛乳湯的法則、將牛乳一誇偷、留去半茶杯、餘下的、要與葱頭、芫荽、一同煮滾。將冷牛乳半茶杯、與麵粉兩大匙、調和、放入、煮八分鐘、加入鹽、胡椒粉、白塔油、用篩濾過、倒在魚上、若是要做花、可用芫荽排上、或用雞蛋白三個、打高、澆上、烘黃、就好。

Escaloped Fish.

1 pint of milk, 1 pint of cream, 4 tablespoonfuls of flour, 1 cupful of bread crumbs, and between 4 lbs. and 5 lbs. of any kind of white fish—cod, etc., boiled 20 minutes in water to cover and 2 tablespoonfuls of salt. Put the fish on to boil, then the cream and milk. Mix the flour with ½ a cupful of cold milk and stir into the boiling milk and cream. Cook 8 minutes and season highly with salt and pepper. Remove the skin and bones from the fish and break into flakes. Put a layer of sauce in a

deep escalop dish, and then a layer of fish, which dredge well with salt (1 tablespoonful) and pepper; then another layer of sauce, again fish, and then sauce. Cover with the bread crumbs and bake 30 minutes. This quantity requires a dish holding a little over 2 quarts, or two smaller dishes will answer. If for the only solid dish for dinner, this will answer for six persons; but if it is in a course for a dinner party, it will serve twelve. Cold boiled fish can be used when you have it. Great care must be taken to remove every bone when fish is prepared with a sauce (as when it is served *à la crème*, escaloped, etc.), because one cannot look for bones then as when the sauce is served separately.

愛司加拉潑魚

牛乳、奶油、各一拋音脫、麵粉四大匙、饅頭屑一茶杯、白鱗魚或白色肉的魚、四磅至五磅。○做法、將魚放入滾水內、蓋沒、滾水內放鹽兩大匙、煮二十分鐘。另將牛乳、奶油、一同煮滾。牛乳要先留出一茶杯、與麵粉調和、放在熱牛乳內、加上鹽、胡椒粉、煮八分鐘、然後將煮在別處的魚、去皮骨、把肉撕碎、用深磁盆、先放一層牛乳湯、後放一層魚、撒上鹽、胡椒粉、又一層湯、一層魚、層層相間、至滿爲住、不過最上一層要湯、撒上饅頭屑、烘半點鐘。這個盆、必須要能容兩誇偷的、若無有、可用兩個小盆、吃的時候、若不過這一樣、則足夠六個人吃。若是吃大餐、則另外有別物可以吃、所以有十二個人、也夠吃了。如有吃剩的熟魚肉、亦可以照這個法則做。無論各樣魚、若要澆湯在上面、須將骨頭剔淨、如不剔淨、必定看不出、要鯁喉嚨。

Turbot, à la Crème.

Boil 5 lbs. or 6 lbs. of turbot. Take out all the bones and shred the fish very fine. Let 1 quart of milk and a small piece each of onion and parsley come to a boil; then stir in 1 cupful of flour, which has been mixed with 1 cupful of milk, and the yolks of 2 eggs. Season with ½ teaspoonful pepper, ½ teaspoonful thyme, ½ cupful butter and some salt. Butter a pan and put in first a layer of sauce, then one of fish. Finish with sauce, and over it sprinkle cracker crumbs and a light grating of cheese. Bake for 1 hour in a moderate oven.

車魚和牛乳湯

車魚五六磅、剔去骨、撕碎、放開。○做牛乳湯的法則、用牛乳一磅偷、葱頭芫荽各一些、同煮、另用冷牛乳一茶杯、與麵粉一茶杯調和、如太薄、要加麵粉、倒在牛乳湯內、加上雞蛋黃兩個、胡椒粉、茴芹、各半小匙、白塔油半茶杯、鹽一些、若是淡、要多些。烘盆中揭上白塔油、先放一層湯、一層魚、層層加滿、上面鋪餅乾屑與飽細的歐司一些、入爐內烘一點鐘、就可以了。

Matelote of Codfish.

Cut off the head of a fish weighing 5 lbs. Remove bones and fill the fish with a dressing made of ½ pint of oysters, 1 pint of bread crumbs, ¼ teaspoonful of pepper, 2 teaspoonfuls of salt, 1 tablespoonful of parsley (chopped). Place 5 slices of pork both under and over the fish. Boil the bones and head in 1 pint of water, and pour this over the fish. Bake 1 hour and baste often with gravy and butter. Have some sweet herbs in the corner of the pan. Make a gravy, and pour around the fish. Then garnish with fried smelts.

白鰻魚埋脫羅脫

白鰻魚約五磅、切去頭、剔去骨、洗淨、將蠣房半拋音脫、饅頭屑一拋音脫、胡椒粉一小匙、內四分之一、鹽二小匙、斬細芫荽一大匙、幷和、裝入魚肚內、再將鮮猪肉五片、蓋在魚上、切下的頭與骨、入一拋音脫水內煮好、濾去渣、倒在魚上、入爐內烘一點鐘。烘的時候、將中盆的湯、時時澆上、不可乾、湯內要放白塔油、香草、各一些。烘好後、將魚放在吃的盆上、餘下的湯、用麵粉調入、倒在魚上。另將煎好的小魚、排在四周、做成圓圈。

Smelts, a la Tartare.

Clean the smelts by drawing them between the thumb and finger, beginning at the tail. This will press out the insides at the opening at the gills. Wash them and drain in the colander; salt well and dip in beaten egg and bread or cracker crumbs. (1 egg and 1 cupful of crumbs to 12 smelts, unless they are very large.)

Fry in boiling fat deep enough to float them. They should be a handsome brown in 2½ minutes. Take them up, and place them on a piece of brown paper for a few moments to drain; then place on a hot dish. Garnish with parsley and a few slices of lemon; and serve with Tartare (No. 20) sauce in a separate dish; or they may be served without the sauce.

麵條魚和太倫汁(即二十號汁)

洗淨麵條魚的法則、要用左手捻住魚尾、右手二指在魚的身上一捋、則肚腸等都從口中出來矣。後在水中洗淨、濾去水、點上鹽、生雞蛋、又將饅頭屑或餅乾屑滾上。一個蛋、一茶杯饅頭屑、可以做魚十二條。做好後、入滾油內汆至黃、放在紙上映去油、後要放在熱的盆上。將酸橘切片、與芫荽做花。有人喜歡用二十號汁同吃、如不用汁、亦可以吃。若是用汁、或是澆在魚上、或是另外盛於盆內。

Smelts as a Garnish.

Smelts are often fried, as for *à la Tartare*; or, rolled in meal or flour and then fried, they are used to garnish other kinds of fish. With baked fish they are arranged around the dish in any form; but in garnishing fish or any other dish the arrangement should be simple, so as not to make the matter of serving any harder than if the dish were not garnished. Smelts are also seasoned well with salt and pepper, dipped in butter and afterwards in flour, and placed in a very hot oven for 8 or 10 minutes to get a handsome brown. They are then served as a garnish or on slices of buttered toast. When smelts are used as a garnish, serve one on each plate with the other fish. If you wish to have the smelts in rings, for a garnish fasten the tails in the opening at the gills with little wooden toothpicks; then dip them in the beaten egg and in the frying basket and plunge into the boiling fat. When they are cooked take out the skewers, and they will retain their shape.

麵條魚做裝飾

麵條魚有時是油汆、像上文所說的。另有一法、是用麵粉裹在魚上汆的。若是有別的大魚、烘好後、要將這個魚做裝飾、但是要小心、紙墊在四周、不可蓋沒魚身、恐防吃的時候、麵條魚跌落桌上也。另有一法、將麵條魚撒上鹽、胡椒粉、燕上白塔油、麵粉、入爐內烘十分鐘、放在拖司上吃。每塊饅頭、要放上兩條魚。有人將麵條魚做環、其法、將魚的頭與尾、灣成圓環形、用竹籤串牢、燕上生雞蛋、放在滾的油內汆黃、拔去竹籤、就成功圓環形了。

Fish au Gratin.

Any kind of light fish—that is, cod, etc. Skin the fish by starting at the head and drawing down towards the tail ; then take out all the bones. Cut the fish into pieces about 3 inches square, and salt and pepper well. Butter a dish, and put in a layer of fish, then moisten well with sauce, and finally cover with fine bread-crumbs. Bake 30 minutes. The dish should be rather shallow, allowing only 2 layers of fish.

Sauce for *au gratin:* 1 pint of stock, 3 tablespoonfuls of butter, 2 tablespoonfuls of flour, juice of ½ lemon, ½ tablespoonful of chopped parsley, 1 slice of onion chopped very fine ; 1 tablespoonful of vinegar, salt and pepper. Heat the butter in a small frying-pan, and when hot add the dry flour. Stir constantly until a rich brown ; then add, gradually, the cold stock, stirring all the time. As soon as it boils, season well with salt and pepper, and then add the other seasoning. This quantity is enough for 3 lbs. of fish, weighed after being skinned and boned, and will serve 6 persons if it is the only solid dish for dinner, or 10 if served in a course.

Another way to serve fish *au gratin* is to skin the fish, cut off the head, and take out the backbone; and there are two large pieces. Season the fish and prepare the sauce as before. Butter a tin sheet that will fit loosely into a large baking pan. Lay the fish on this, and moisten well with the sauce. Cover well with bread-crumbs, and cook 30 minutes in a rather quick oven. Then slip on a hot dish, and serve with tomato (No. 19), Tartare (No 20), or Hollandaise (No. 13) sauce poured around the fish.

魚屋搭來了不拘白色肉的魚、去其皮與骨頭、將肉切成塊、約三寸見方、加上鹽、胡椒粉、用烘盆塗上白塔油、先放一層魚、後一層湯、再一層魚、又一層湯、撒上饅頭屑、烘半點鐘。○做湯的法則、牛肉湯一拋音脫、白塔油三大匙、麵粉二大匙、酸橘汁半隻、切細芫荽半大匙、切細葱頭一片、醋一大匙、鹽、胡椒粉各一些。○做法、將白塔油在罐內煎熱、放入麵粉、炒至黃、將牛肉湯緩緩倒入、調和、如滾、加鹽、胡椒粉、再加酸橘汁、芫荽、葱頭、醋。這樣的湯、可以做去皮骨的魚三磅。吃的時候、若不過這一樣、則足敷六個人吃。若是吃大餐、則十個人也敷吃了。○又一法、魚若剝去皮與肋骨、則身體分兩半、加上鹽、胡椒粉。○做湯的法則、與上文同。先將鐵板揚上白塔油、放在烘盆內、澆湯

在上面、後將饅頭屑撒上、入爐內、用旺火烘二十分鐘、或半點鐘。取出、放在熱的盆上、可以吃、魚若要放在熱盆上、必須從鐵板上、斜卸下來、可免碎裂。吃的時候、或澆十九號汁、或二十號汁、或十三號汁。

OYSTERS.

On the Half Shell.

Not until just before serving should they be opened. 6 large oysters are usually allowed each person. Left in the half shell they are placed on a dinner plate, with a thin slice of lemon in the centre of the dish.

論蠔房　蠔房在半個殼上的做法　生蠔房敲破要放在半個殼上。大概一個人、可以吃大蠔房六個、要放在盆上。每盆要放一片切好的酸橘。

Oysters Served in Escaloped Shells.

The shells may be tin, granite-ware, or silver plated or the natural oyster-shells. The ingredients are: 1 quart of oysters, ½ pint of cream or milk, 1 pint of bread-crumbs, 1 tablespoonful of butter, if cream is used, or 3 if milk; salt and pepper, a grating of nutmeg, and 2 tablespoonfuls of flour. Drain all the liquor from the oysters into a stew-pan. Let it come to a boil, and skim; then add the cream or milk, with which the flour should first be mixed. Let this boil 2 minutes, and add the butter, salt, pepper and nutmeg, and then the oysters. Take from the fire immediately. Taste to see if seasoned enough. Have the shells buttered, and sprinkled lightly with crumbs. Nearly fill them with the prepared oysters; then cover thickly with crumbs. Put the shells into a baking-pan, and bake 15 minutes. Serve very hot, on a large platter, which garnish with parsley. The quantity given above will fill 12 common shells.

蠣房在愛司加拉潑殼的器皿內做法

做這個器皿、或是用銀、鐵、馬口鐵、如無有、可以用蠣房殼。蠣房肉一跨偷、牛乳或奶油半拋音脫、饅頭屑一撮音脫、白塔油一大匙、如用牛乳須要白塔油三大匙、鹽、胡椒粉、各一些、玉果一些、麵粉二大匙。○做法、先將蠣房滷去肉、用汁、煮至滾、上面有污穢、要撇去、後將牛乳與麵粉調和、倒在汁內再調、煮二分鐘、加上白塔油、鹽、胡椒粉、玉果。再放入蠣房、即將罐移至無火之處、嘗其滋味、如淡、要加鹽。另將器皿撮上白塔油、撒上餅乾屑、把蠣房倒入、差不多滿、加上饅頭屑、要多、然後放在盤中、入爐內烘十五分鐘。烘好後、要一個一個放在一大盆上、用芫荽裝花、就可以吃。這幾樣料物、做成後、可做十二個器皿。

Oyster Chartreuse.

1 quart of oysters, 1 pint of milk, 1 slice of onion, whites of 4 eggs, 2 tablespoonfuls of butter, salt, pepper, 2 tablespoonfuls of flour, 1 cupful of fine, dry bread-crumbs, 6 potatoes. Pare and boil the potatoes. Mash fine and light, and add the milk, salt and pepper, 1 tablespoonful butter and then the whites of the eggs, beaten to a stiff froth. Have a two-quart charlotte russe mould well buttered, and sprinkle the bottom and sides with bread-crumbs (there must be enough butter to hold the crumbs). Line the mould with the potato, and let stand for a few minutes. Put the cream and onion on to boil. Mix the flour with a little cold milk or cream and stir into the boiling cream. Season well with salt and pepper, and cook 8 minutes. Let the oysters come to a boil in their own liquor. Skim them, and drain off all the juice. Take the piece of onion from the sauce, and add the oysters. Taste to see if seasoned enough, and turn gently into the mould. Cover with the remainder of the potato, being careful not to put on too much at once, as in that case the sauce would be forced to the top. When covered, bake 30 minutes in a hot oven. Take from the oven 10 minutes before dishing time, and let stand on the table. Place a large platter over the mould and turn both dish and mould at the same time. Remove the mould very gently. Garnish the dish with parsley, and serve.

A word of caution.—Every part of the mould must have a thick coating of the mashed potato, and when the covering of potato is put on no opening must be left for sauce to escape.

蠔房綽脫魯司

去殼蠔房一誇偷、牛乳一瓶者脫、葱頭一片、雞蛋白四個、白塔油二大匙、鹽、胡椒粉、各一些、麵粉二大匙、乾饅頭屑一茶杯、山芋六隻。○做法、山芋去皮煮熟、捺碎、加入牛乳、鹽、胡椒粉、白塔油一大匙、與打過的雞蛋白四個、一同放在做花凍的器皿內、這個器皿、要能容兩誇偷的。先撮上白塔油、再撒饅頭屑、後塗上山芋、放開。另外要做湯、先將牛乳、葱頭、煮滾、將一些冷牛乳與麵粉調和、倒在牛乳內、加上鹽、胡椒粉、再煮、約八分鐘。另用別器、將蠔房和汁煮至滾、離火。將牛乳內的葱頭棄去、把蠔房濾去汁、倒在牛乳湯內、嘗其味、然後細心倒在做花凍的器皿內、待倒滿、上面要蓋山芋一層、要小心緩緩而做、如太多、恐怕湯要溢出也。後入爐內烘半點鐘。吃的時候、要約在十分鐘以前取出、用大盆反轉、放在器皿上、倒過來、揭去器皿、就有花紋了。加上芫荽、就可以吃。○塗山芋、須要小心、若有漏洞、慢慢要漏出湯來、所以要塗沒無縫爲佳。

Escaloped Oysters.

Put a layer of rolled crackers in an oval dish, and then a layer of oysters, and lay on small pieces of butter. Dredge with salt and pepper, and moisten with either the oyster liquor or milk or equal parts of both. Add another layer of cracker and oysters, and butter, dredge and moisten as before. Continue these alternate layers until the dish is nearly full; then cover with a thin layer of cracker and pieces of butter. If the dish be a large one, holding about 2 quarts, it will require 1½ or 2 hours to bake.

愛司加拉滾蠔房

先預備烘盆一個、盆底撒上餅乾屑一些、將蠔房肉平鋪一層、把白塔油切成小塊、如黃豆大、放在上面、撒上鹽、胡椒粉、各一些、再澆上一些蠔房汁或牛乳、若是蠔房汁與牛乳各一半、亦可。然後再撒上餅乾屑、再鋪上蠔房肉、白塔油、鹽、胡椒粉、蠔房汁或牛乳、層層相間、至滿爲佳、最上一層、要放餅乾屑與白塔油。若是烘盆大、能容各物兩誇偷的、則烘的工夫要一點半、或兩點鐘。

Oyster Sauté.

2 doz. large, or 3 doz. small, oysters, 2 tablespoonfuls of butter, 4 of fine cracker-crumbs, salt, pepper. Let the oysters drain. Season with salt and pepper and roll in the crumbs. Have the butter very hot in a frying-pan, and put in enough of the oysters to cover the bottom of the pan. Fry crisp and brown, being careful not to burn. Serve on hot crisp toast.

蠔房掃推

蠔房大的二十四隻、若是小的、要三十六隻、白塔油兩大匙、餅乾屑四大匙、鹽、胡椒粉各一些。○做法、將蠔房濾去汁、存肉、撒上鹽、胡椒粉、餅乾屑。另將白塔油放在盆內烘烊、將做好的蠔房肉放入、煎黃。煎的時候、蠔房肉不能多放、恐怕一時不能煎黃也。煎的工夫、要黃與脆、但是要小心、不可以焦、吃的時候、要放在熱的拖司上、拖司要放在熱盆上。

Fricasseed Oysters.

2 quarts of oysters, 4 tablespoonfuls of butter, 1 teaspoonful of chopped parsley, 1 tablespoonful of flour, a speck cayenne, salt, the yolks of 3 eggs. Brown 2 tablespoonfuls of the butter, and add to it the parsley, cayenne and salt, and the oysters, well drained. Mix together the flour and the remainder of the butter, and stir into the oysters when they begin to curl. Then add the yolks, well beaten, and take immediately from the fire. Serve on a hot dish with a garnish of fried bread and parsley.

弗來刻西蠔房

蠔房去殼兩誇偷、白塔油四大匙、切細芫荽一小匙、麵粉一大匙、鹽、紅胡椒粉各一些、雞蛋黃三個。○做法、將白塔油兩大匙、在盆內烘烊、加入芫荽、鹽、紅胡椒粉、蠔房、蠔房先要濾去汁、一同煎黃。另將麵粉一大匙、與白塔油兩大匙調和、等蠔房的邊有一些捲攏、就把調和的麵粉加入、再加打高的雞蛋黃、調和、就好。吃的時候、要放在熱盆上、四周要用煎好的饅頭與芫荽做花。

To Pickle Oysters.

200 large oysters, ½ pint of vinegar, ½ pint of white wine, 4 spoonfuls of salt, 6 spoonfuls of whole black pepper, and a little mace. Strain the liquor, and add the above-named ingredients. Let boil up once, and pour, while boiling hot, over the oysters. After these have stood 10 minutes pour off the liquor, which, as well as the oysters, should then be allowed to get cold. Put into a jar, cover tightly. The oysters will keep some time.

醋浸蠣房

蠣房二百隻、醋半拋音脫、白酒半拋音脫、鹽四大匙、黑胡椒六大匙、梅以司一些。○做法、將蠣房的汁、用篩濾出、與各物一同煮滾、澆在蠣房肉上、放開十分鐘。將肉取出、待肉與汁都冷定、後將肉放在瓶內、把冷汁倒上、用瓶蓋蓋緊、封好。可以存放多時。

LOBSTER.

Lobster to be eatable should be perfectly fresh. One of the tests of the freshness is to draw back the tail, for if it springs back into position again it is safe to think the fish good. The time for boiling varies with the size. The usual way is to plunge them into boiling water enough to cover while alive, and boil the large lobsters from 15 to 20 minutes and the smaller ones 10 minutes.

論龍蝦

買龍蝦、要揀眞正新鮮、若是宿一些、就不好用。如要曉得新鮮、可將蝦尾拖出、縮進的是好、從前已經講過了。大概的做法、是把活的龍蝦浸在滾水內煮、工夫要依大小、大的煮二十分或十五分鐘、小的煮十分鐘。

To Open a Lobster.

Separate the tail from the body, and shake out the tom-ally, and the "coral," if there is any. Then cut the under side of the tail and take out the meat. Then by drawing the body from the shell with the thumb and finger and pressing the part near the head against the shell with the other hand you will free it from the stomach. There is a vein running the entire length of the body. It and the stomach are the only parts not eatable. The stomach of the lobster is found near the head and is a small hard sack containing poisonous matter.

Hold the claws on edge and strike hard with a hammer until the shell cracks. Draw apart and take out the meat. When lobster is opened in this manner it may be arranged handsomely on a dish, and each person can season it at the table to suit himself.

剖開龍蝦的法則

身體與尾的中間、用刀切斷、先將尾肉取出、放在盆中、後將身內肚腸與蝦子取去、用左手指在蝦肚上捺住、右手用指一拔、肉就出來了。若是老蝦、肉不能出、要在肚上破開一些、就可以出來、切不可破碎肚皮、因爲肚內有黃水、一出是有毒的、須將毒水的袋取去。蝦足要用刀劈開、但不可平劈、必須直劈、則肉容易出來。用這個做法、是好吃、也是好看。吃的時候、要放在盆上、隨吃客自己加各種物料、不過要裝得好看些。

Lobster Broiled in the Shell.

Divide the tail into two parts, cutting lengthwise. Break the large claws in two parts, and free the body from the small claws and stomach. Replace the body in the shell. Put the meat from the claws in half of the shells it came from, and put the other half of the shells where they will get hot. Put the lobster into the double broiler, and cook, with the meat side exposed to the fire, for 8 minutes; then turn, and cook 10 minutes longer. Place on a hot dish, and season with salt and cayenne, slightly, and then with *maître d'hôtel* butter (No. 12 sauce). Cover the claws with the hot shells. Garnish with parsley, and serve.

烤龍蝦

剖開的法則、與上文一般、將足與肚內的東西除去、放在切開的一半殼內、還有蝦足劈開之後、亦要放在一半殼內、留下的半個殼、要放在熱處。然後將龍蝦放在烤蝦的器皿內、肉要近火、先烤八分鐘、翻轉再烤十分鐘、放在熱盆上、加上鹽、胡椒粉、澆上第十二號汁。再將熱的半個蝦殼蓋上、放上芫荽、就可以吃。

Breaded Lobster.

Split the meat of the tail and claws, and season well with salt and pepper. Dip in beaten egg and then in bread-crumbs, let this dry on the meat; and then repeat the operation. Place in a frying-basket, and plunge into boiling fat. Cook till a golden brown. Serve with Tartare (No. 20) sauce.

煎龍蝦

加饅頭屑

將取出的龍蝦肉、足肉、尾肉、蒸上、鹽、胡椒粉、再蘸雞蛋黃、饅頭屑、待乾、再蘸蛋黃與饅頭屑、放在銅絲做的籃內、入滾油內汆至黃色、就可以吃。吃的時候、要與二十號汁一同吃。

Curry of Lobster.

The meat of a lobster weighing between 2 and 3 lbs., 1 very small onion, 3 tablespoonfuls of butter, 2 of flour, 1 of curry powder, a speck of cayenne, salt, and 1 pint of water or stock. Let the butter get hot; and then add the onion cut fine, and fry brown. When the onion is cooked add the flour and curry powder, and stir all together for 2 minutes. Add stock, cook 2 minutes and strain. Add the meat of lobster, cut into dice, and simmer 5 minutes. Serve with a border of boiled rice around the dish.

龍蝦的鳴咧

龍蝦二三磅、小葱頭一個、白塔油三大匙、麵粉二大匙、鳴咧粉一淺大匙、紅辣椒粉、鹽、各一些、水或牛肉湯一拋音脫。○做法、白塔油要放在罐內熬熟、將葱頭切細、放入、煎黃、再放入麵粉、鳴咧粉、煎二分鐘、然後將水或牛肉湯倒入、調和、濾去渣滓。再將蝦肉切小方塊、放入、用慢火煮五分鐘、就好。吃的時候、要放在盆子的中間、盆邊鋪上米飯、一同吃。

Stewed Terrapins.

Put them into boiling water, and boil rapidly for 10 or 15 minutes, or until the nails will come out and the black skin rub off,—the time depending on the size of the fish. After this, put into fresh boiling water, and boil until the under shell cracks, which will be about 45 minutes. Remove the under shell, throw away the sand and gall bags, take out intestines, and put the terrapins on to boil again in the same water for 1 hour. Pick liver and meat from upper shell. Cut intestines in small pieces, and add to this meat. Pour over all a quantity of the liquor in which the intestines were boiled, sufficient to make very moist. Put away until next day. For each terrapin, if of good size, 1 gill cream and of wine, ½ cupful of butter, yolks of 2 hard boiled eggs rubbed smooth, salt, pepper and cayenne are needed. Pour over the terrapin, let it come to a boil, and serve.

煨腳魚

先將腳魚放在滾水內煮十分或二刻鐘、要等腳魚的足指甲與黑皮襯去就好。取出、把煮的水倒去、再換清的滾水、再放在內、煮約三刻鐘、等下面的殼裂開、然後剔去殼、把苦胆與沙泥的袋、一并取出、不用、將肚內好用的東西、另行放開。再把魚肉放在

湯內煮一點鐘。然後將肚內的肝與零碎的東西切小塊與煮好的魚肉一同放在盆上、澆上湯一些、遮蓋魚肉、放開至明日。若腳魚是大、則用奶油與酒各一及而、白塔油半茶杯、煮熟的老蛋黃兩個、捺碎、與奶油、酒、白塔油、一同調和、加上鹽、胡椒粉、紅胡椒粉一些、撒在肉上、煮滾就好。

MEATS.

Boiling.

All pieces, unless very salt, should be plunged into boiling water, and boiled rapidly for 15 minutes, to harden the outside and thus keep in the juices. The kettle should then be put back where it will just simmer, for meat that is boiled rapidly becomes hard and stringy, while that which is kept just at the boiling point will cut tender and juicy, provided there is any juiciness in it at the beginning. White meats, like poultry and mutton, are improved in appearance by having rice boiled with them. Meat cooked in this way will be extremely juicy.

論肉

煮肉的法則

不拘那一樣的肉、煮的時候、須用滾水、并且要旺火煮一刻鐘、則肉的外面一層、必定發硬而堅、肉汁不能出來、其味鮮美。煮一刻鐘以後、須用慢火、因爲祇用旺火、肉必乾而硬、所以要用慢火、則肉嫩而汁多。白色的肉、如羊肉雞肉等類、若與白米同煮、則顏色好看。這樣做法、大概好的肉、必定是佳。

Leg of Mutton.

Cook as directed, in boiling water to cover. A leg that weighs 8 or 9 lbs. will cook in one hour and a quarter, if it is wanted done rare. Allow 5 minutes for every additional pound. Save the water for soups.

煮羊腿

做法與上文同、不過水要加多、蓋沒羊腿、若是有羊腿八磅或九磅、要煮一點一刻鐘、這樣做法、裡面帶一些生。若加多一磅、則工夫要加多五分鐘。煮肉的水、不可倒去、要留下做湯。

Lamb.

Cook the same as mutton. Serve with drawn butter (No. 15 sauce).

煮小羊

煮小羊的法則、是與大羊一般、吃的時候、要與十五號汁同吃。

Boiled Ham.

Wash the ham very clean, and put on with cold water to cover. Simmer gently 5 hours and set the kettle aside for 1 or 2 hours. When nearly cold, take out the ham and draw off the skin. Cover with cracker crumbs and about 3 tablespoonfuls of sugar. Place in the oven in a baking pan for 30 or 40 minutes. Many people stick cloves in the fat of the ham and use only a few crumbs. The time given is for a ham weighing about 12 lbs.; every pound over that will require 15 minutes more. The fish kettle comes next to the regular ham kettle and will do quite well. If you have neither, and no pot large enough to hold the ham, cut off the knuckle. But this rather spoils the flavour and appearance of the dish.

煮火腿

將火腿洗淨、浸在冷水中、用慢火煮五點鐘、移在別處一點鐘或兩點鐘、到差不多冷的時候。取出、撕去皮、加上一層餅乾屑、撒上糖三大匙、放在烘盆內、入爐內烘半點鐘、或四十分鐘。有人喜歡用丁香、則餅乾屑可以少用些、這樣做法、是論十二磅重的火腿、要煮五點鐘工夫。若是多重一磅、則工夫要多加一刻。最好要用做就煮火腿的罐、若是無有、則煮魚的罐可以代用、如兩樣都無、則可將腿骨斬斷。這樣做法、滋味不佳、所以整塊煮是最好。

Salt Tongue.

Soak over night, and cook from 5 to 6 hours. Throw into cold water and peel off the skin.

煮鹹牛舌、要在水中浸一夜、取出煮約五六點鐘後、浸在冷水內、可以剝皮。

Fresh Tongue.

Put into boiling water to cover, with 2 tablespoonfuls of salt. Cook 5 to 6 hours. Skin the same as salt tongue.

煮鮮生舌　先浸在滾水內、加入鹽兩大匙、煮五六點鐘。剝皮的法、則與鹹牛舌一般。

Corned Beef.

Wash and put into cold water, if very salt; if not, put into boiling water. Cook very slowly for 6 hours. This time is for a piece weighing 8 or 10 lbs. When it is to be served cold let it stand for 1 or 2 hours in

the water in which it was boiled. If the beef is to be pressed, get either a piece of the brisket or flank. Take out the bones, place the meat in a flat dish or platter, put a tin sheet on top, and lay on it 2 or 3 bricks.

煮鹹牛肉

洗淨之後、若是太鹹、要浸在冷水內煮、若不甚鹹、可以放在熱水內、水要把肉遮蓋、用慢火煮六點鐘。這樣做法、是講約八磅或十磅重的肉。若是加重、則煮的工夫要加。如喜歡冷吃、浸在湯內、待其自冷、則滋味佳。如喜歡壓堅的、要揀選牛胸或牛腿、將骨頭剔去、肉放在大而平的盆上、肉上蓋以鐵板、用四五塊磚石壓上、就好。

Roasting.

To prepare for Roasting.—Wipe the meat with a clean wet towel. Dredge on all sides with salt, pepper and flour. Have a rack that will fit loosely into the baking pan. Cover the bottom of the pan rather lightly with flour, put in the rack, and then the meat. Place in a very hot oven for a few moments, to brown the flour in the pan, and then add hot water enough to cover the bottom of the pan. Roast for 10 minutes and then baste the meat with the gravy. Dredge with salt, pepper and flour. Do this every 15 minutes; and as soon as one side of the meat is brown, turn, and brown the other. Add hot water enough to cover the bottom of the pan. The heat for roasting must be great at first to harden the outside and thus keep in the juices. After the meat is crusted over, it is not necessary to keep up so great a heat. Putting salt on fresh meat draws out the juices, but by using flour a paste is formed, which keeps in all the juices and also enriches and browns the piece. *Never* roast meat without having a rack in the pan. If the meat is put into the pan in the water it becomes soggy and loses its flavor. The time given for roasting a piece of beef is for rib roasts and sirloin. A piece of beef weighing 8 lbs. to be roasted 30 minutes if it is liked rare, but if to be medium, roast 1 hour; and 10 minutes for every additional pound. The same weight in the face or back of the rump will require 20 minutes longer, as the meat on these cuts is in a very compact form. If a saddle or loin of mutton is to be roasted, cook the same time as beef if the weight is the same; but if a leg is to be roasted, one hour and a quarter is the time. Lamb should be roasted an hour and a half; veal, two hours and three-quarters; pork, three hours and a quarter. Ten minutes before dishing the dinner turn the gravy into a saucepan, skim off all the fat, and set on the stove,

Let it come to a boil; then stir in 1 tablespoonful of flour, mixed with ½ a cupful of cold water. Season with salt and pepper, and cook 2 minutes. Serve the meat on a hot dish and the gravy in a hot tureen.

烘肉的法則

若是要預備烘肉、必須先將潔淨的濕手巾抹去肉上的汚穢、擦上鹽、胡椒粉、撒上麵粉、烘盆上亦要撒上麵粉。盆的上面、要放鐵架、肉放在鐵架上、入爐內烘、至麵粉黃、則盆內須放熱水。烘至十分鐘、要將盆中的湯澆在肉上、再擦一些胡椒粉、鹽、麵粉。烘至一刻鐘、再澆湯、這個法則、要做多次。一面烘黃、換過一面、盆中湯如乾、要添熟水、使其常濕。起初烘、要旺火、後漸漸用慢火。若是鮮肉上祇擦鹽、則烘的時候、肉汁流出、滋味無有了、所以必須用麵粉擦上、可保肉汁不向外流。烘肉必須用鐵架、若祇放盆中、必定太濕而不可食。若有八磅重的肉、則工夫要烘半點鐘、裡面帶一些生、如要爛熟、須烘一點鐘。若加多一磅、則工夫要多加十分鐘、這個是講角尖與二都燒肉。若是腰窩牛排、則烘的工夫要加多、輕重雖然一樣、工夫要多二十分鐘、因爲肉是厚也。烘腰窩牛排與烘羊馬筒、其輕重同、則工夫亦同。若是烘羊腿、要用一點一刻鐘、小羊腿、一點半鐘、小牛肉、二點三刻鐘、豬肉、三點一刻鐘。不拘那一樣肉、要在吃的以前十分鐘時、將盆中的湯、倒在別處、撇去油花、放在罐內羹滾。另將冷水半杯、調麵粉一大匙、加在湯中、加上鹽、胡椒粉、羹二分鐘。吃的時候、肉要放在大盆內、湯放在碗內、盆要熱。

Rolled Rib Roast.

Remove the bones by slipping a sharp knife between the flesh and bones—a simple matter with almost any kind of meat. Roll up the piece and tie with a strong twine. Treat the same as plain beef; time, one hour and a half for 6 lbs. This piece can be larded before roasting or larded and braised. Serve with tomato (No. 19) sauce or horse-radish.

烘紮角尖

將角尖用快刀剔去骨頭、捲攏來、用麻線紮好、烘的法則、與上文同。若有八磅重的肉、要烘一點半鐘。有人喜歡孛來尋、用肥猪肉油、近皮處割下、切成條、粗細如筆管、用大鐵針穿入紮好的肉內、要像人字式。其法是將針自此面下邊穿入、通至彼面上邊、再自彼面下邊穿入、通至此面上邊、就成功人字的樣式了。吃的時候、要用第十九號汁、或鉋下的辣根同吃。

Beef with Yorkshire Pudding.

1 pint of milk, ⅔ cupful of flour, 3 eggs and 1 teaspoonful salt. Beat the eggs very light. Add salt and milk, and then pour about half of the mixture upon the flour; and when perfectly smooth add the remainder. Bake 45 minutes either in a separate pan or pour off the gravy and put the pudding in the pan under the beef as it is roasting. Serve hot. This makes enough for six persons.

烘牛肉與瑤克罅樸定

牛乳一拋音脫、麵粉一大杯中三分之二、雞蛋三個、鹽一小匙。○做法、蛋白與蛋黃、分兩起打高、幷和、加入牛乳、鹽、倒在麵粉上、要先倒一杯、調和後、再倒一杯、挨次而倒、則調和後、麵粉不至起塊了。烘的法則、有兩樣。一、將烘牛肉的盆、放樸定在內、盆上放鐵架、將牛肉放上、入爐內一同烘、則肉汁滴入樸定、其味甚美。二、要在兩起烘好、吃的時候、與烘牛肉同吃、而且要熱吃、可以足敷六個人吃。烘這個工夫、要用四十五分鐘。

Fillet of Veal.

About 8 or 10 lbs. of the fillet, ham forcemeat, ½ cupful of butter, ½ a teaspoonful of pepper, 2 tablespoonfuls of salt, 2 lemons, ½ lb. of salt pork. Rub the salt and pepper into the veal; then fill the cavity, from which the bone was taken, with the forcemeat. Skewer and tie the meat into a round shape. Cut the pork in thin slices, and put half of these on a tin sheet that will fit loosely into the pan; place this in the pan and the fillet on it. Cover the veal with the remainder of the pork. Put hot water enough in the pan to just cover the bottom, and place in the oven. Bake slowly for 4 hours, basting frequently with the gravy in the pan, and dredge with salt, pepper and flour. Add enough water from time to time to keep the meat and pan from burning. After it has cooked

3 hours take the pork off the top of the fillet and spread the top with butter and dredge with flour.

Repeat this after 30 minutes and then brown handsomely. Put the remainder of the butter in a sauce-pan, and, when hot, add 2 heaping tablespoonfuls of flour, and stir until dark brown. Add to it ½ a pint of stock or water; stir a minute, and set back where it will keep hot but not boil. Now take up the fillet, and skim all the fat off of the gravy; add water enough to make ½ a pint of gravy, also the sauce just made. Let this boil up, and add the juice of half a lemon, and more salt and pepper, if needed. Strain, and pour around the fillet. Garnish the dish with potato puffs and slices of lemon.

烘柴牛仔腿肉

牛仔腿肉約八磅至十磅、火腿肉斬細不拘、白塔油半茶杯、胡椒粉半小匙、鹽兩大匙、酸橘兩隻、鹹猪肉半磅。○做法、肉上要揉鹽、胡椒粉、則去骨頭、其空處、放入火腿屑、用竹籤籤牢、紮成長圓的樣式。另將鹹猪肉切薄片、一半襯在肉下、一半蓋在肉上、肉放在鐵板上、鐵板放在烘盆內、加上一些水、使其不乾、然後入爐內、烘四點鐘。烘的時候、要將盆中的湯、時時澆上、每澆一次、須撒上鹽、胡椒粉、麵粉。烘至三點鐘時、將蓋在上面的猪肉取去、撮上白塔油、麵粉、待半點鐘後、要照樣再做、至麵粉烘黃、就可以吃。剩下的白塔油、要放在別器內、將麵粉兩滿大匙放入、炒黃、加入冷水或牛肉湯半拋音脫、調和、放在熱處、要小心、防其煮滾。烘盆中的湯、要倒在別處、撇去浮油、加入水、一共約重半拋音脫。然後將放在熱處的湯加入、煮滾、斟上酸橘汁半隻、加上鹽、胡椒粉、濾去渣滓。倒在肉上。將山芋做成的花球、排成花樣、再將一隻半酸橘、切片、放在四周、排成好看的樣式。

Roast Ham.

Prepare the ham as for boiling, and if it is of good size (say 10 lbs.) boil 3 hours. Remove the skin, and put the ham in a baking pan. Let it cook 2 hours in a moderate oven. Serve with champagne (No. 23) sauce.

烘火腿 起初的做法、與炙火腿同。如有十磅重的火腿、要炙三點鐘、將皮撕去、放在烘盆中、入爐內、烘兩點鐘、火不可太旺、吃的時候、要與第二十三號汁同吃。

Broiling.

The fire for broiling must be clear, and for meats it must be hotter and brighter than for fish. Coals from charcoal are best. The double broiler is the very best thing for broiling meats and fish. If you use the old-fashioned gridiron be careful not to stick the fork into the meat when turning it. By using the double broiler all danger of losing the juice of the meat is done away with, as you need not touch it with a fork till it is done.

烤肉的法則 火上初添煤、有烟出、不可以烤、要在燒紅的時候、是可以。最好用炭、取其無烟。烤肉比烤魚、火要旺些、最妙要用新式能折疊的鐵格、若是用舊式、則肉翻轉時、恐防撞碎、因爲肉一碎、汁就流出來、肉味不佳了。而且又不容易烤、因爲汁流出時、滴入火內、火即焚燒也。

Mutton Chops.

Sprinkle the chops with salt, pepper and flour. Put them in the double broiler and broil over the fire for 10 minutes. Serve on a *hot* dish with a little butter, salt and pepper on each. Serve tomato (No. 19) sauce.

烤羊排 先將羊排蘸上鹽、胡椒粉、麵粉、放在鐵架上、烤十分鐘、取出、沾上白塔油、撒上鹽、胡椒粉一些。吃的時候、要放在熱盆上、四周倒上第十九號汁就可以吃。

Beef Steak.

Have it cut thick. It ought to be at least ¾ of an inch thick. Trim off any suet that may be left on it, and dredge with salt, pepper and flour. Cook in the double broiler, over the clear coals for 10 minutes,

if to be rare; 12, if to be rather well done. Turn the meat constantly. Serve on a hot dish with butter and salt, or with mushroom (No. 10) sauce, *maître d'hôtel* butter (No. 12) or tomato (No. 19) sauce. Do not stick a knife or fork into the meat to try it. Pounding is another bad habit; much of the juice of the meat is lost. When there is no convenience for broiling, heat the frying-pan very hot, then sprinkle with salt and lay in the steak. Turn frequently.

烤牛排

切牛排不可薄、至少要厚半寸。用刀修去肥油、醃上鹽、胡椒粉、放在鐵架上烤十分鐘、則裡面有一些帶生、如要十分熟、須烤十二分鐘、要常常翻轉、防其烤焦。吃的時候、要沾上白塔油、撒上鹽、胡椒粉。或是第十號汁、或是第十二號汁、或是第十九號汁、一同吃。烤的時候、須要依着工夫、切不可性急、用刀去戳、恐防汁要流出來。有人買了老牛肉、用棒敲打、這樣做法、是極不好的、因爲敲打、肉汁要流出來、肉味無有了。如無烤的架子、可以用淺盆烘熱、撒上鹽、將肉放在盆內煎、要時時翻動、不可焦。

MISCELLANEOUS MODES.

Braised Beef.

Take 6 or 8 lbs. of the rump or round, and lard with ¼ lb. of salt pork. Put 6 slices of pork in the bottom of the pan, and as soon as it begins to fry, add 2 onions, ½ a small carrot and ½ a small turnip, all cut fine. Cook these until they begin to brown; then draw them to one side of the pan and put in the beef, which has been well dredged with flour, salt and pepper. Brown on all sides and then add 1 quart of boiling water and a bouquet of sweet herbs; cover, and cook slowly in the oven for 4 hours, basting every 20 minutes. Take up and make the gravy by mixing 1 tablespoonful of corn-starch with a little cold water, and stir into the boiling gravy, of which there should be 1 pint. Boil 1 minute, then strain and pour round the beef. Garnish with parsley and serve. Or, add to the gravy ½ can of tomatoes and cook for 10 minutes. Strain, pour around the beef, and serve.

論各樣零碎做法

孛來司牛肉

牛肉約六磅至八磅、或腰戶牛排、或牛圈都可以。另用三兩鹹猪肉油、照從前的法則、切成條、穿在肉內、另外用深的盆、放入鹹猪肉六片。葱頭兩個、胡蘿蔔、白蘿蔔、各半個、切細、一同煎黃、將牛肉放入、要分兩起、假如肉放在盆的那一頭、則各物要放在盆的這一頭。肉上先撒鹽、胡椒粉、後加麵粉、烘至黃、加入滾水一誇倫、紮好香草一些、將盆蓋好、煮四點鐘。煮的時候、每二十分鐘要澆湯一次、煮好後、把肉取出、放在熱盆上、安在熱處。盆中的湯、如不滿一抛音脫、要加水湊滿、再將六角粉一大匙、先用水調和、加入湯內調動、至湯滾、濾去渣滓、澆於肉上、四周放菜葵、就可以吃。另有一法、湯中加入番柿半瓶、煮十分鐘、濾過、倒在肉上吃。

Fricandeau of Veal.

Have a piece of veal, weighing about 8 lbs., cut from the thick part of the leg. Beat the veal smooth; then lard one side thickly. Put 8 slices of pork in the braising-pan, and lay the veal on this, larded side up. Add 2 small onions, ½ a small turnip, 2 slices of carrot, 1 clove and a bouquet of sweet herbs. These to be at the sides of the meat, not on top; and 1 quart of stock or water. Dredge with salt, pepper and flour. Cover, and place in a rather moderate oven. Cook 3 hours, basting every 15 minutes. If cooked rapidly the meat will be dry and stringy, but if slowly it will be tender and juicy. When done, lift carefully from the pan. Melt 4 tablespoonfuls of glaze, and spread on the meat with a brush. Place in the open oven 5 minutes. Add 1 cupful of hot water to the contents of the braising-pan. Skim off all the fat, and then add 1 heaping teaspoonful of corn-starch, which has been mixed with a little cold water. Let it boil 1 minute; then strain, and return to the fire. Add 2 tablespoonfuls of glaze, and when this is melted, pour the sauce around the fricandeau and serve. Potato balls boiled 12 minutes in stock, and then slightly browed in the oven, make a pretty garnish for this dish. It is also served on a bed of finely-chopped spinach or mashed potatoes.

小牛肉勿利鉛團

小牛腿肉約八磅、用棒敲平、將猪油穿在一面。另將盆先放猪肉八片、後將小牛肉放上、穿過猪油的、要放在上面、加上小葱頭兩個、白蘿蔔半個、胡蘿蔔兩片、丁香一粒、紮好香草一些、這幾樣、要放在肉的四周。再加牛肉湯或水一誇倫、肉上要蓋鹽、胡椒粉、麵粉、蓋好、用慢火煮三點鐘。每煮一刻鐘、要澆湯在肉上一次。若是用旺火、工夫雖是快、不過肉容易乾枯、用慢火可以使肉嫩而汁多。煮好後、將肉取出、放大盆上、用烘烊的猪來士揩上、使其發亮好看。（猪來士在沙梅場已經說明）上搭來士以後、要放在爐內炙乾、炙的時候、爐門要開、火不可熱。盆內的湯、要加入熱水一茶杯、撇去油花、再加六角粉一小匙、煮滾、滾過、放入猪來士兩大匙、倒在肉的四周就好。吃的時候、要將山芋球在牛肉湯內煮十二分鐘、烘黃、放在肉的四周做花。○另有一法、用煮熟菠菜斬細、放在盆中、把肉放在上面。○再有一法、用搽碎的熟山芋、放在盆底、肉放上面。

Leg of Lamb, à la Française.

Put a leg of lamb weighing about 8 lbs. in as small a kettle as will hold it. Put in a muslin bag 1 onion, 1 small white turnip, a few green celery leaves, 3 sprigs each of marjoram and summer savory, 4 cloves and 12 allspice. Tie the bag and place it in the kettle with the lamb, then pour on 2 quarts of boiling water. Let this come to a boil and skim carefully. Now add 4 tablespoonfuls of flour, which has been mixed with 1 cupful of cold water, 2 tablespoonfuls of salt and a speck of cayenne. Cover tightly and set back where it will just simmer 4 hours. In the meantime make a pint of veal or mutton forcemeat, which make into little balls and fry brown. Boil 6 eggs hard. At the end of 4 hours take up the lamb. Skim all the fat off of the gravy and take out the bag of seasoning. Now put the kettle where the contents will boil rapidly 10 minutes. Put 3 tablespoonfuls of butter in the frying-pan and when hot stir in 2 of flour. Cook until a dark brown and stir into the gravy. Taste to see if seasoned enough. Have the whites and yolks of the eggs chopped separately. Pour the gravy over the lamb; then garnish

with the chopped eggs, making a hill of the whites, and capping in with part of the yolks. Sprinkle the remainder of the yolks over the lamb. Place the meat balls around the dish. Garnish with parsley and serve.

法蘭西做小羊腿的法則

小羊腿約八磅、要放在差不多大的罐內。另用夏布做袋、放入葱頭一個、白蘿蔔一個、旱芹的青葉、沒蕎命、香物來、各樣三瓣、丁香四粒、奧而司班司十二粒、一同紮好、放在罐內、加入滾水兩誇偷、煮至滾、撇去浮沫、用麵粉四大匙、與一茶杯冷水調和、放入、加上鹽二大匙、胡椒粉一些、蓋好、用慢火煮四點鐘。煮的時候、要另外將斬細的小牛肉或羊肉、做成球、煎黃。又將雞蛋六個、煮至硬。然後將罐內煮熟的肉取出、放在盆上。將湯撇去浮油、拿去香料、用快火炎十分鐘。又將白塔油三大匙、麵粉兩大匙、煎黃、調在湯內、如淡要加鹽、把煮硬的雞蛋白與黃、要兩起斬細、成粉、將湯澆在肉上、後將斬細的蛋白粉、堆在肉上、做成尖頂的樣式、頂上要放一些蛋黃、餘下的蛋黃、可以放在四周。做好的牛肉球或羊肉球、亦要放在四周。加上芫荽、就可以吃。

Beef Stew.

2 lbs. of beef (the round or flank; and if there is a bone in it 2½ lbs. will be required), 1 onion, 2 slices of carrot, 2 of turnip, 2 potatoes, 3 tablespoonfuls of flour, salt, pepper and 1 quart of boiling water. Cut all the fat from the meat and fry gently in the stew-pan for 10 minutes. In the meantime cut the meat in small pieces, and season well with salt and pepper and sprinkle with 2 tablespoonfuls of flour. Cut the vegetables in very small pieces, and put in the pot with the fat. Fry 5 minutes, stirring well to prevent burning. Now put in the meat and move about in the pot until it begins to brown, then add the quart of boiling water. Cover and let it boil up once, skim, and set back, where it will just bubble, for 2½ hours. Add the potatoes cut in thin slices, and 1 tablespoonful of flour, which mix smooth with ½ cup of cold water. Taste to see if the stew is seasoned enough, and if it is not add more salt and pepper. Let the stew boil 10 minutes; then add the dumplings. Cover tightly and boil rapidly 10 minutes longer. Mutton, lamb or veal can be cooked in this manner. When veal is used, fry out 2 slices of pork, as there will not be much fat on the meat. Lamb and mutton must have some of the fat taken off, as there is always more than is necessary.

燴牛肉

牛圈或牛腿兩磅、若是有骨頭、要用兩磅半、葱頭一個、胡蘿蔔、白蘿蔔、各兩片、山芋兩隻、麵粉三大匙、鹽、胡椒粉、各一些、滾水一磅偷。○做法、將肉油割下、放在罐內煎十分鐘。煎的時候、把肉切塊、見方約一寸半、用鹽、胡椒粉、與麵粉兩大匙、蘸在肉上。又將葱頭、胡蘿蔔、白蘿蔔、一同斬細、放在煎油的罐內、煎五分鐘、不可煎焦。後將肉放入煎、要煎至有一些黃、加入滾水一磅偷、蓋好、煮至滾、如有沫、要撇去、再蓋好、用慢火煮兩點半鐘。將山芋切薄片放入、再將麵粉一大匙、用冷水半茶杯調和、放入、味若淡、要加鹽、再煮十分鐘、再將屯潑令放入、再煮十分鐘、就好。不拘羊肉、小羊肉、小牛肉、都可以照這個法則做。但是小牛肉油少、所以要加肥猪肉兩片。羊肉則油太多、要撇去。

Irish Stew.

2 lbs. of the neck of mutton, 4 onions, 6 large potatoes, salt and pepper, 3 pints of water and 2 tablespoonfuls of flour. Cut the mutton in pieces. Put ½ the fat in the stew-pan, with the onions, and stir for 10 minutes, over a hot fire; then put in the meat, which sprinkle with flour, salt and pepper. Stir 10 minutes, and add the water, boiling. Set for 1 hour where it will simmer; then add the potatoes, peeled, and cut in quarters. Simmer 1 hour longer and serve. You can cook dumplings with this dish if you choose.

燴羊肉

羊頸圈肉兩磅、葱頭四個、大山芋六隻、鹽、胡椒粉、各一些、滾水三拋音脫、麵粉兩大匙。○做法、羊肉要切好。將肥油約一半、放在罐內、與葱頭一同煎十分鐘。把羊肉蘸上鹽、胡椒粉、麵粉、一同煎十分鐘。加入滾水、用慢火煮一點鐘。然後將山芋去皮、每隻切四塊、放在湯內、用慢火煮一點鐘、就可以吃。如有人喜歡、可加上屯潑令一同吃。

Scotch Roll.

Remove the tough skin from 5 lbs. of flank of beef. A portion of the meat will be thicker than the rest. With a sharp knife cut a layer from the thick part and lay upon the thin. Mix together 3 table-

spoonfuls of salt, 1 of sugar, ½ a teaspoonful of pepper, ⅛ of a teaspoonful of clove and 1 teaspoonful of summer savory. Sprinkle this over the meat and then sprinkle with 3 tablespoonfuls vinegar. Roll up and tie with twine. Put away in a cold place for 12 hours. When it has stood this time, place in a stew-pan with boiling water to cover, and simmer gently for 3½ hours. Mix 4 tablespoonfuls of flour with ½ cupful cold water, and stir into the gravy. Season to taste with salt and pepper. Simmer half an hour longer. This dish is good hot or cold.

蘇格蘭紮牛肉

牛腿肉約五磅、割去一層薄皮、將厚的一頭、用刀披下、放在薄的一頭、用鹽三大匙、糖一大匙、胡椒粉半小匙、丁香粉一小匙中八分之一、衰物來一小匙、一同幷和、擦於肉上、澆上醋三大匙、捲攏、用線紮好、要放在冷處十二點鐘、然後浸在滾水內、煑三點半鐘、將麵粉四大匙、與冷水半茶杯調和、放入湯內、如淡、要加鹽、與胡椒粉、再煑半點鐘、就可以吃、這樣做法、熱吃冷吃都可以。

POULTRY AND GAME.

To Clean and Truss Poultry.

First singe, by holding the bird over a blazing paper. Next open the vent and draw out the internal organs carefully. Wash quickly in 1 water. Cut the oil bag from the tail. Be careful to take out every part of the windpipe, the lights and crop. Turn the skin back and cut the neck quite short. Fill the crop with dressing and the body also. Cut the feet off at the *joint* and fasten the legs together with a short skewer. Run the skewer through the bone of the tail and tie firmly with a long piece of twine. Now take a longer skewer and fasten the wings firmly to the side of the bird. With a short skewer fasten the skin of the neck on to the back bone. Place the bird on its breast and draw the strings with which the legs were tied around the skewers of the wings and neck; pass them across the back and tie firmly. By following these directions you will have the bird in a good shape and all the strings on the back, when they can be easily removed without destroying the good looks of the bird. When cooked, first cut the strings, and then draw out the skewers. All the fat that comes from the gizzard, etc. should be tried out at once and put away for frying. That of geese, turkeys and ducks is of too strong a flavor to be nice in cookery.

論雞與野味

洗淨與裹紮的法則

雞毛拔淨後、用紙點火燒起、把雞在火上燎之、則細毛盡去、將肚腸等小心拿出、雞放在水內洗淨一次、就好。相近尾處的油、要用快刀割去。喉管亦要拿去。肺與肝亦要小心取出。切去雞頸的時候、要先將頸皮留下一些、則切好了、可以將頸皮包上。胸膛裡面與肚皮的當中、都要放幾頭層。切去雞脚、須要入阶、若不是這樣、則烘的時候、皮要縮上、不好看。腿要放平、用竹籤從脊骨內穿過。翅膀亦要用竹籤穿牢。頸皮防其褪下、亦須穿牢。然後將雞翻轉、用線在背上、將竹籤一總紮牢。照這樣做法、則烘的時

候、紫線都在背上、至烘好後、容易拿去、先去線、後去竹籤、若小心做、則皮不碎而好看。肚中的油、須就煎、放好、以便煎別物、若遲、則味要變壞、不堪用。至於鵝油、火雞油、鴨油、味都不佳、不能用。

Boiled Fowl with Macaroni.

Break 12 sticks of macaroni in pieces about 2 inches long; throw them into 1 quart of boiling water, add 1 tablespoonful of salt, ½ tablespoonful of pepper. Boil rapidly 12 minutes; then take up, and drain off all the water. Season with 1 tablespoonful of butter and 1 teaspoonful of salt. After the fowls have been cleaned stuff with the macaroni. Truss them, and then pin in a floured cloth and plunge into enough boiling water to cover them. Boil rapidly 15 minutes; then set back where they will simmer for from 1⅓ to 2½ hours. The time for cooking depends upon the age of the birds. Serve with an egg (No. 16) or Bechamel (No. 3) sauce. The quantity of macaroni given is for 2 fowls. Plain boiled macaroni should be served with this dish.

煮雞和通心粉

通心粉十二根、灣斷、每段約長二寸、浸在一誇偷滾水內、放入鹽一大匙、胡椒粉半大匙、煮十二分鐘、將水倒去、加上白塔油一大匙、鹽一小匙、一同拌和、放在已經收拾好的雞肚內、用竹籤與線縫好。另用一塊乾淨的布、洒上麵粉、將雞包好、浸在滾水內、用旺火先煮十五分鐘、後用慢火煮一點半鐘、或兩點半鐘、因爲雞有大小也。吃的時候、要與第十六號汁或第三號汁一同吃。上文所講的通心粉十二根、可以和雞兩隻。另外再要用煮熟的通心粉、在吃的時候一同吃。

Roast Chicken.

Clean the chicken, and stuff the breast and part of the body with dressing made as follows: For a pair of chickens weighing between 7 and 8 lbs. take 1 quart of stale bread (being sure not to have any hard pieces), and break up in very fine crumbs. Add 1 tablespoonful of chopped parsley, ½ a teaspoonful of powdered sage, 1 of summer savory, and a scant ¼ cupful of butter. Mix well together. This gives a rich dressing. Now truss the chickens and dredge well with salt. Take some soft butter and rub thickly over the chickens; then dredge rather thickly with flour. Place on one side, on the meat rack, and put into a hot oven for a few

moments, that the flour in the bottom of the pan may brown. When it is browned put in water enough to cover the pan. Baste every 15 minutes with the gravy in the pan, and dredge with salt, pepper and flour. When one side is browned turn and brown the other. The last position in which the chicken should bake is on its back. Spread some butter on the breast and dredge with flour, in order that the breast may be nicely browned and have a good appearance. The water in the pan must be renewed often; yet not too much at a time. It will take 1¼ hour to cook a pair of chickens, each weighing between 3½ and 4 lbs.; anything larger, 1½ hour.

Gravy for chickens.—Wash the hearts, livers, gizzards and necks, and put on to boil in 3 pints of water down to 1 pint. Take them all up. Put the liver on a plate and mash fine; return it to the water in which it was boiled. Mix 2 tablespoonfuls of flour with ½ cupful of cold water, and stir into the gravy. Season well with salt and pepper, and set back where it will simmer 20 minutes. Take up the chickens and take the meat rack out of the pan. Skim off the fat. Place the pan on the top of the stove, and add to it 1 cupful of water. Let this boil up, in the meantime scraping everything from the sides and bottom of the pan. Turn this into the made gravy, and let it all boil together while you are removing the skewers and strings from the chickens.

烘雞

雞要收拾乾淨、將拌和的饅頭屑、放入肚內與胸膛內。假如有雞兩隻、共重七磅或八磅的、要用饅頭屑一誇偷、除去硬邊、加切細的芫荽一大匙、喜物來一小匙、紫蘇半小匙、白塔油小半茶杯、一同拌和、放在肚內。這樣做法、滋味是最好。放入的時候、是要照上文的做法、用竹籤與線縫好、雞的身上要蘸鹽、白塔油、撒上麵粉。烘盆中間亦要撒麵粉、安上鐵架、雞要放在架上。入爐內烘、至盆中的麵粉烘黃、要加熱水連蓋盆底、烘至十五分鐘、須將盆中的湯澆在雞上、撒上鹽、胡椒粉、麵粉、再烘。每十五分鐘、要澆湯、與撒鹽、胡椒粉、麵粉一次。這個半身烘黃後、再烘那個半身、末後要肚在上、背在下。肚上要蘸白塔油與麵粉、則烘好後、黃而好看。烘的時候、盆中水不可以乾、然而亦不可太多、大約三磅或四磅的雞、約烘一點一刻鐘、如大的、要烘一點半鐘。○做雞湯的法則、將雞的心、肝、脾、肺、與頸骨、洗淨後、放在三拋音脫滾水內、

煮至一拋音脫。將心肝等取出、把肝搗爛、仍放在湯內、用麵粉兩大匙、與冷水半茶杯、調和、亦放在湯內、加上鹽、胡椒粉、用慢火煎二十分鐘。這個時候、要把烘好的雞、放在吃的盆上、將烘盆中的湯、撇去浮油、加冷水一茶杯、使之滾。再將盆邊的渣、用刀刮在湯內、後倒在做好的雞湯內、一同煮、就好了。然後放在做小湯的盆內、與雞一同吃。

Chicken, à la Matelote.

Cut up an uncooked chicken. Rub in butter and flour and brown in the oven. Fry in 4 tablespoonfuls of chicken fat or butter, for 20 minutes, 1 small carrot, 1 onion, 1 parsnip, all cut into dice. When the chicken is browned put it in a stew-pan with the cooked vegetables and 1 quart of white stock. Then stir into the fat in which the vegetables were fried 2 tablespoonfuls of flour, and cook until brown. Stir this in with the chicken. Add the liver mashed fine, 1 tablespoonful of capers, and salt and pepper to taste. Cook very gently $\frac{3}{4}$ of an hour; then add $\frac{1}{4}$ lb. of mushrooms cut in small pieces. Cook 15 minutes longer. Serve with a border of boiled macaroni, mashed potatoes or rice.

雞挨拉埋脫羅脫

雞一隻、切塊、搨上白塔油、撒上麵粉、烘至黃。烘的時候、另將雞油、或白塔油四大匙、熬熟、放入葱頭一個、胡蘿蔔一片、芹菜蘿蔔一片、一共切小方塊、在油內煎二十分鐘、待雞烘好後、與煎好的東西、一同放在罐內、加上白湯一誇倫、煮的時候、要將煎剩的油、放入麵粉兩大匙、炒黃、加入湯內。再將雞肝搗爛、亦放在內。又將開剖司一大匙、放入。加上鹽、胡椒粉、各一些、用慢火煮三刻鐘。加香菌三兩、再煮一刻鐘、就好。吃的時候、雞要裝在盆上、用煮熟的通心粉、放在四周、或捺碎的熟山芋、或是米飯、都可以用。

Chicken, à la Reine.

Clean, stuff and truss a pair of chickens as for roasting. Dredge well with salt, pepper and flour. Cut $\frac{1}{4}$ lb. of pork in slices, and put on

the bottom of a stew-pan with 2 slices of carrot and 1 large onion, all cut fine. Stir over the fire until they begin to color; then put in the chickens and lay the remainder of the pork over them. Place the stew-pan in a hot oven for 20 minutes; then add white stock to half cover the chickens, and a bouquet of sweet herbs. Dredge well with flour. Cover the pan and return to the oven. Baste well every 15 minutes, and after 1 hour turn over. Cook in all 2 hours. Strain the sauce in which the chickens were cooked over them or serve Hollandaise (No. 13) sauce.

雞挨拉利恩

嫩雞兩隻、收拾與預備的法則、與烘雞一般。外面燻上鹽、胡椒粉、麵粉。用猪肉四兩、切薄片、鋪在烘盆內、再將胡蘿蔔二片、葱頭一個、切細、放在烘盆中肉上、煎黃。然後將雞兩隻放上、又將餘下的薄片猪肉、蓋在雞的上面、入爐內烘二十分鐘。加上白湯、浸至雞的半身、再加香草一束、上面撒上麵粉、蓋好、再烘十五分鐘。將盆中的湯澆上、再撒上麵粉、每十五分鐘、要照樣做一次。烘至一點鐘後、要翻轉、再照前法做、共烘兩點鐘。取出、放在吃的盆上、將烘盆中的湯、濾過、倒在雞上。若是不喜歡雞湯、則可以用十三號的汁澆上、隨人的意思。

Chicken, à la Tartare.

Singe the chicken, split down the back. Wipe thoroughly with a damp cloth. Dredge well with salt and pepper, cover thickly with softened butter, and dredge thickly with fine, dry bread-crumbs. Place in a baking-pan, the inside down, and cook in a very hot oven 30 minutes, taking care not to burn. Serve with Tartare (No. 20) sauce.

雞挨拉

他倫

將收拾好的嫩雞、從背上破開。肚內用濕布涂乾、外面燻上鹽、胡椒粉、烘烊的白塔油、撒上乾饅頭屑。入烘盆內、皮肉朝上、骨朝下、用旺火烘半點鐘、要小心、不可以焦。用二十號的汁澆上一同吃。

Broiled Chicken.

Singe the chicken, and split down the back; and wipe with a damp cloth. Never wash it. Season well with salt and pepper. Rub some

soft butter over the chicken, letting the greater part go over the breast and legs. Dredge with flour. Put in the double broiler, and broil over a moderate fire, having the breast turned to the fire at first. When the chicken is a nice brown, place in a pan and put in a moderate oven for 12 minutes. Place on a hot dish, season with salt, pepper and butter, and serve immediately. This rule is for a chicken weighing about 2½ lbs. The chicken is improved by serving with *maître d'hôtel* butter (No. 12) or Tartare (No. 20) sauce.

烤雞

嫩雞收拾好、燒紙燎去細毛、從背上破開、不可洗淨、用濕布揩乾、醃上鹽、胡椒粉、搽上白搭油、胸前要多搽些、撒上麵粉。放在烤的器內烤、火不可太旺、先烤外面有皮的、後烤裡面烤黃後、入爐內用慢火烘十二分鐘。取出、放在熱盆上、加上鹽、胡椒粉、白搭油、就可以吃。這個法則、是講約重兩磅半的雞。若是大的、工夫要加多。吃的時候、或與十二號或二十號汁同吃、照各人的喜歡。

Chicken Stew with Dumplings.

1 chicken weighing about 3 lbs.; 1 tablespoonful of butter, 3 of flour, 1 large onion, 3 slices of carrot, 3 of turnip, 3 pints of boiling water and salt and pepper. Cut the chicken in slices suitable for serving. Wash, and put in deep stew-pan, add the water, and set on to boil. Put the carrot, turnip and onion cut fine, in a sauce-pan, with the butter, and cook slowly 30 minutes, stirring often; then take up the vegetables and place in the stew-pan with the chicken, after having mashed them and strained through a strainer. Now skim 2 spoonfuls of chicken fat from the water and put into the pan the vegetables were cooked in. When boiling hot add the 3 tablespoonfuls of flour. Stir over the fire until a dark brown, and stir it in with the chicken, and simmer until tender. Season with salt and pepper. The stew should simmer and not boil hard. About 2 hours will be needed to cook a year old chicken. 12 minutes before serving let the stew boil up; then put in the dumplings and cook 10 minutes. Take them up, and keep in the heater until the chicken is placed on a platter. Then place the dumplings around the edge. This is a very nice and economical dish. One stewed chicken will go further than two roasted.

燴雞和麵餅

雞約重三磅、白塔油一大匙、麵粉三大匙、大葱頭一個、胡蘿蔔、白蘿蔔、各三片、滾水三拋音脫、鹽、胡椒粉、各一些。○做法、將雞切片、洗淨、放在深的罐內、加上滾水煮。另將胡蘿蔔、白蘿蔔、葱頭、一同切細、放入白塔油內、用慢火煎半點鐘。煎好後、要搗爛、放在粗的篩內濾過、然後加入雞湯內同煮。未曾加入的時候、要將雞湯盛出兩大匙、放在煎盆內煮滾、後將麵粉二大匙、加入炒黃、幷在湯內調和。待雞煮酥、然後加上鹽、胡椒粉。這樣的做法、須用慢火、不能用旺火。約一年的雞、煮二點鐘、就可以了、吃的時候、要在十二分鐘以前使之滾、加入麵餅煮十分鐘、取出麵餅把雞與湯倒在盆上、將麵餅放在四周。照這個法則做、是覺得省儉些。因爲一隻雞、可以抵烘雞兩隻的用。

Roast Goose.

Stuff the goose with a potato dressing made in the flollowing manner: 6 potatoes boiled and mashed fine; 1 tablespoonful of salt, 1 teaspoonful of pepper, 1 tablespoonful of sage, 2 tablespoonfuls of onion juice, 2 of butter. Truss, and dredge well with salt, pepper and flour. Bake in the oven 1½ hour. No butter is required for goose as it is so fat. Make the gravy the same as for roast chicken. Serve with apple sauce.

烘鵝

烘鵝須要先將做好的料物放在鵝的肚內。○做法、用煮熟山芋六隻、捺碎、鹽一大匙、胡椒粉一小匙、紫蘇一大匙、葱頭汁兩大匙、白塔油兩大匙、一同調和、放在肚內、竹籤籤牢、縫好、蘸上鹽、胡椒粉、麵粉、入爐內烘一點半鐘。烘鵝不用白塔油、是因爲鵝自身有油也。○做湯的法則、是與烘雞的湯一般、不過要除去白塔油。吃的時候、要與蘋果醬一同吃。

Roast Duck.

Ducks to be good must be rare: for this reason it is better not to stuff. If you do stuff them, use the goose dressing, and have it very

hot. The better way is to cut an onion in two, and put into the body of the bird; then truss, and dredge with salt, pepper and flour and roast in the oven 30 minutes. Serve with currant jelly and a sauce made the same as for turkey.

烘鴨

烘鴨與烘別的東西不同、要烘至帶生、則好吃。所以肚肉放的料物、不甚要緊、如有人喜歡放料物在肚內、則可以與鵝內的一般、不過要熱的時候放入、冷的是不可以。最好是用葱頭一個、對切開、放在肚內、竹籤籤牢、蘸上鹽、胡椒粉、麵粉、入爐內烘半點鐘。吃的時候、要用克倫及立與烘火雞的醬一同吃。

Larded Grouse.

Clean and wash the grouse. Lard the breast and legs. Run a skewer through the legs and tail and tie firmly. Dredge with salt, and rub the breast with butter; then dredge with flour. Put in a quick oven. If to be rare cook 20 minutes; if wished better done, 30 minutes. The former time as a general thing, suits gentlemen better, but 30 minutes is preferred by ladies. When done, place on a hot dish, on which has been spread bread (No. 22) sauce. Sprinkle fried crumbs over both grouse and sauce. Garnish with parsley.

烘雉鳩

雉鳩收拾洗淨好、要將猪油穿在胸肉與腿肉內、用竹籤籤牢、線紮好、蘸上鹽、白塔油、麵粉、入爐內用旺火烘。如喜歡帶生、可烘二十分鐘。若要熟、須用三十分鐘。大概男人喜歡帶生、女人喜歡全熟。烘好後、要用熱盆、榻上第二十二號汁、然後放雉鳩在上面、撒上煎好的饅頭屑、四周用芫荽裝花、就可以吃。

Larded Partridges.

Partridges are cooked and served the same as grouse.

烘鳩、鵓鳩烘的法、則與烘雉鳩一般。

Larded Quail.

The directions for cooking and serving are the same as those for grouse, only that quail cook in 15 minutes. All dry meated birds are cooked in this way.

烘鵪鶉 烘的法則與吃的法則、要與雉鳩一般、不過身體是小、所以烘的工夫也是少、烘十五分鐘、就殼了。大凡乾肉的鳥、其做的法則、與這個相同。

Broiled Quail.

Split the quail down the back. Wipe with a damp cloth. Season with salt and pepper, rub with butter, and dredge with flour. Broil 10 minutes over clear coals. Serve on hot buttered toast, garnishing with parsley.

烤鵪鶉 從背上破開、用濕布抹淨。撒上鹽、胡椒粉、麵粉、白塔油、用炭火烤十分鍾。吃的時候、用裝在上、饅頭要稍烤熟的饅頭、上白塔油、加上芫荽、就好。最要緊、饅頭要熱。要熱、鵪鶉亦要熱。

Broiled Pigeons.

Prepare, cook and serve the same as quail. They should be young for broiling.

烤鴿子 收拾的法則與做的法則、是與鵪鶉一般、不過嫩的要揀鴿子、是算最好。

Pigeons in Jelly.

Wash and truss 1 doz. pigeons. Put them in a kettle with 4 lbs. of the shank of veal, 6 cloves, 25 peppercorns, 1 onion that has been fried in 1 spoonful of butter, 1 stalk of celery, a bouquet of sweet herbs, and 4½ quarts of water. Have the veal shank broken in small pieces. As soon as the contents of the kettle come to a boil, skim carefully, and set for 3 hours where they will just simmer. After they have been cooking 1 hour, add 2 tablespoonfuls of salt. When the pigeons are done, take them up and remove the strings, being careful not to break the meat. Boil the liquor rapidly for 40 minutes; then strain through a napkin, and taste to see if seasoned enough. The water should have boiled down to 2½ quarts. Have 2 moulds that will each hold 6 pigeons. Put in a thin layer of jelly in these, and set on ice to harden. When hard arrange the pigeons in them and cover with the jelly, which must be cold but liquid. Place in the ice-chest for 6 or better still 12 hours. There should be only one layer of the pigeons in the mould.

To serve.—Turn on a cold dish, and garnish with pickled beets and parsley. A Tartare (No. 20) sauce can be served with this dish. If squabs are used, 4 hours will cook them. All small birds, as well as partridge, grouse, etc., can be prepared in the same manner. Remember that the birds must be cooked tender, and that the liquor must be reduced until it will become jellied.

鴿子凍

收拾乾淨紮好的鴿子十二隻、小牛的小腿肉四磅、丁香六粒、胡椒念五粒、葱頭一個、白塔油一大匙、旱芹一莖、各樣香草紮好一些、水四誇偷半。

O做法、葱頭要放在白塔油內煎好、再將小腿肉敲碎、切塊、與鴿子和各樣科物、一同放在罐內、煎至滾、撇去浮沫、再用慢火煮三點鐘。煮至一點鐘時、可加上鹽兩大匙、如鴿子已熟、要先取出、小心解去紮線、倘或不小心、恐防鴿肉要碎、罐內的湯、要再煮四十分鐘、用布濾去渣滓、滋味若是不佳、可以加礪、胡椒粉、湯煮至兩誇偷半重、可以做凍。用兩個做凍的器皿、每個可以放鴿子六隻的、先將湯倒入一點、入氷箱內、使其凍、後將鴿子放上、再倒上一些湯、再入氷箱、再待其凍、再將湯加滿。倒的時候、湯要溫和、若使太熱、則難凍、太冷、則已經凍、不能再凍了。鴿子放在器內的時候、要排的勻、則取出的時候、有次序好看。做好以後、要放在氷箱內六點鐘、然而最好是放十二點鐘。吃的時候、要翻轉放在冷盆上、用煮熟的紅菜頭與芫荽、裝在四周、如喜歡、可以用二十號汁一同吃。若是鴿子小、煮兩點鐘就發了、各樣小鳥、如鳴鴿、雉鳩的一類、亦可以照這樣做法、要小心、鳥肉要煮得酥、湯要煮得長久、則可以凍。

Broiled Small Birds.

All small birds can be broiled according to the directions for quail, remembering that for extremely small ones it takes a very bright fire. As the birds should be only browned the time required is very brief.

烤小鳥

不拘那一樣的小鳥、都可以照鵪鶉的法則烤、不過要心內記得牢、須用沒有烟的火就是炭火、是好、烤的工夫不用多、外面烤黃就發了。

Small Birds, Roasted.

Clean, by washing quickly in one water after they have been drawn. Season with salt and pepper. Cut slices of salt pork *very* thin, and with small skewers fasten a slice around each bird. Run a long skewer

through the necks, and rest it on a shallow baking-pan. When all the birds are arranged, put into a *hot* oven for 12 minutes, or before a hot fire for 15 minutes. Serve on hot toast.

烘小鳥

先將小鳥的肚腸取出、用水洗淨一次、切不可二次、蘸上鹽、胡椒粉。將鹹猪肉切薄片、將小鳥包在內、用竹籤籤牢、再用長籤將數隻小鳥排齊、在頸內一撮串牢、不能滾動、放在烘盆內、入爐中烘十二分鐘。若是放在爐外烘、須要用十五分鐘。吃的時候、要放在熱的拖司上。

Roasted Turkey.

Proceed the same with a turkey as with a chicken, allowing one hour and three-quarters for a turkey weighing 8 lbs., and 10 minutes for every additional pound.

烘火雞

大概與烘雞一般、若是重八磅的、要烘一點三刻鐘。加重一磅、則烘的工夫、要加十分鐘。

Roasted Turkey with Chestnut Stuffing and Sauce.

Clean the turkey, and lard the breast. Throw 50 large chestnuts into boiling water for a few minutes; then take them up and rub off the thin, dark skin. Cover them with boiling water and simmer for 1 hour; take up and mash fine. Chop 1 lb. veal and ½ lb. salt pork very fine. Add half the chestnuts to this, and add ½ teaspoonful pepper, 2 tablespoonfuls salt and 1 cupful of stock or water. Stuff the turkey with this, truss and roast as already directed. Serve with a chestnut sauce. The remaining half of the chestnuts are for this sauce.

烘火雞和栗子餡與醬

將火雞收拾好、胸肉內要穿猪油。用大栗子五十個、去殼、滾水泡過、則去皮容易、皮剝好了、要浸在滾水內、用慢火煮一點鐘、倒去水、搗爛。另用小牛肉一磅、鹹猪肉半磅、一同斬細、將一半搗爛的栗子、與胡椒粉半小匙、鹽二大匙、牛肉湯或水一茶杯、一同幷和、放入火雞肚內做餡。用竹籤籤牢、麻線紮好、入爐內烘。吃的時候、用一半栗子做醬、一同吃。

Roast Leg of Venison.

Draw the dry skin from the meat, and wipe with a damp towel. Make a paste of 1 quart of flour and 1 pint of cold water. Cover the venison with this, and place in a very hot oven. As the paste browns, baste it frequently with the gravy in the pan. When it has been cooking 1½ hour take off the paste, cover with butter, and dredge with flour. Cook 1 hour longer, basting frequently with butter, salt and flour. Serve with game sauce (No. 21). The time given is for a leg weighing about 15 lbs.

烘鹿腿

將鹿腿剝去皮、用濕布抹乾用麵粉一誇偷、冷水一拋音脫、調成漿、搽在腿上、放在旺火內烘、烘至黃、要將盆中的湯澆上。烘至一點半鐘、要把所搽的漿剝去、楊上白塔油、撒上麵粉、再烘一點鐘、在這一點鐘內、要時時揚上白塔油與麵粉。吃的時候、要與二十一號汁一同吃。做這個工夫、是講重十五磅的腿。

Boned Turkey.

In choosing a turkey for this purpose, see that every part is whole; one with a little break in the skin will not do. Cut off the legs, in the joints, and the tips of the wings. Do not draw the bird. Place it on its breast, and with a small sharp boning knife cut in a straight line through to the bone, from the neck to that part of the bird where there is but little flesh, where it is all skin and fat. Begin at the neck and run the knife between the flesh and the bones until you come to the wing. Then cut the ligaments that hold the bones together and the tendons that hold the flesh to the bones. With the thumb and forefinger *press* the flesh from the bone. When you come to the joint carefully separate the ligaments and remove the bone. Do not try to take the bone from the next joint, as that is not in the way when carving. Now begin at the wish-bone, and when it is free from the flesh run the knife between the sides and the flesh, always using the fingers to press the meat from the smooth bones, as, for instance, the breast-bone and lower parts of the sides. Work around the legs the same as you did around the wings, always using great care at the joints not to cut the skin. Drawing out the leg-bones turns that part of the bird inside out. Turn the bird over, and proceed in the same manner with the other side. When all is detached, carefully draw the skin from the breast bone; then run the knife between the fat and bone at the rump, leaving the small bone in the extreme end, as it holds the skewers. Carefully remove the flesh from the skeleton and turn it right side out again. Rub

into it 2 tablespoonfuls of salt and a little pepper and fill with dressing. Sew up the back and neck and then the vent. Truss the same as if not boned. Take a strong piece of cotton cloth and pin the bird firmly in it, drawing very tight at the legs, as this is the broadest place, and the shape will not be good unless this precaution be taken. Steam 3 hours, and then place on a buttered tin sheet, which put in a baking-pan. Baste well with butter, pepper, salt and flour. Roast 1 hour, basting every 10 minutes and twice with stock. When cold, remove the skewers and strings, and garnish with aspic jelly, cooked beets and parsley.

To carve.—First cut off the wings, then about 2 thick slices from the neck, where it will be quite fat, and then cut in thin slices. Serve jelly with each plate.

Filling for a turkey weighing 8 lbs.: The flesh of 1 chicken weighing 4 lbs., 1 lb. of clear veal, ½ lb. of clear salt pork, 1 small cupful of cracker-crumbs, 2 eggs, 1 cupful of broth, 2½ tablespoonfuls of salt, ½ a tablespoonful of pepper, 1 teaspoonful of summer savory, 1 teaspoonful of sweet marjoram, 1 of thyme, ½ teaspoonful of sage, and, if you like, 1 tablespoonful of capers, 1 quart of oysters and 2 tablespoonfuls of onion-juice. Have the meat uncooked and free from any tough pieces. Chop very fine. Add the seasoning, clackers, etc., mix thoroughly, and use. If oysters are used, ½ lb. of the veal must be omitted. Where one cannot eat veal, use chicken instead.

Boned turkey is appropriate at suppers, lunches and parties. One turkey weighing 8 lbs., before being boned, will serve thirty persons at a party, if there are, also say oysters, rolls, coffee, ices, cake and cream. If the supper is very elaborate the turkey will answer for one dish for a hundred or more persons. It is advisable to bone at least two fowls before trying a turkey, for if you spoil them there is nothing lost, as they make a stew or soup.

出骨的火雞

做這個須要小心、拔毛的時候、皮不可碎。切去翅、要正在腿盼骨縫的當中、若是歪一些、則皮要縮上也。翅髀的尖、亦要切去、就是軟而沒有肉的、但是切的時候、亦要入盼肚皮不可以破開、要在背上脊骨的中間、用小而快的刀、從頸骨至尾、把將皮一直分開、後用刀從背的側裡、將皮與肉提起、斜披割下、一面割、一面剝、剝至翅髀骨處先將筋切斷、用兩指用力撬下、將骨頭取出、若至有盼的地方、須將筋切斷、則

取出是容易、翅膀盡頭處的骨、可以存留。取出胸膛骨的時候、最好要用力拳出、則肉是囫圇。不拘那裡有光滑的骨、最好要用捻的法則、若實在沒法、則可以用刀。剝至腿處、亦要像翅膀的法則取出、切不可切碎。雞的兩邊、都是一般的割法。至胸膛處、最要留心、因此處無肉、祇有皮也。尾虻處有油、要切去、尾虻的小骨、可以存留。骨出好後、將肉仍翻在裡面、皮在外面、肉上要撒鹽兩大匙、胡椒粉一些。然後把做好的東西放在肚內、用引針與線、從頸骨至尾虻一直縫好、再用竹籤把翅膀與腿籤牢、麻線紮緊、用布包起、別針拈牢、若是在腿的地方、要包的緊、如不緊、則雞看了。做好後、要入鍋內燕三點鐘、取出、放在撈好白塔油的鐵板上、鐵板要放在烘盆中。雞的上面、要撂上白塔油、鹽、胡椒粉、麵粉一些、入爐內烘一點鐘。烘的時候、每十分鐘、要撂上白塔油、鹽、胡椒粉、麵粉、這樣一點鐘要做六次。四次、撂白塔油、鹽、胡椒粉、麵粉、兩次、要澆湯。烘好以後、須待其自冷、拔去竹籤、解去線、放在盆上、四周要用鴨司必克凍及煮熟的紅菜頭與芫荽裝花。○切開的法則、先在頸上、直切兩片、是厚的、因爲油多、後來一直切下、至完要薄。吃的時候、每人要放一片在盆上、放上一些鴨司必克凍。○講肚內的料物、火雞若是有八磅重、要用雞一隻、約重四磅、瘦的小牛肉一磅、瘦的鹹猪肉半磅、餅乾屑一小杯、雞蛋兩個、湯一茶杯、鹽兩大匙半、胡椒粉半小匙、蔓物來一小匙、茴芹一小匙、紫蘇半小匙、若是喜歡、加開剖司一小匙、蠣房肉一誇偷、葱頭汁兩大匙。○做法、肉都要生的、倘有老一些的肉與肉筋、都要除去、一同斬細、加上各種香料、一同拌和。若是用蠣房肉、則小牛肉用半磅就夠了、如不喜歡小牛肉、則多用一些雞肉代替、這是放在肚內料物的法則。○這做出骨的火雞、是大概在大餐後作消夜用的、一隻火雞、不曾出骨時、若有八磅重、另外有蠣房、小饅頭、加非、水果凍、糕、冰及立等、則可以請三十個人吃、若另外的東西是多、則雞有一百

個人、亦可以吃、出骨的法則、最好用雞先試試、因爲雞若然做得不好、逐可以做燴雞或湯、火雞若是做壞、價錢是太貴、太可惜也。

Aspic jelly.—1½ pints of clear stock—beef if for amber jelly, and chicken or veal if for white; ½ box of gelatine, the white of 1 egg, ½ cupful of cold water, 2 cloves, 1 large slice of onion, 12 peppercorns, 1 stalk of celery, salt. Soak gelatine 2 hours in the cold water. Then put on the other ingredients, the white of the egg being beaten with 1 spoonful of the cold stock. Let come to a boil, and set back where it will just simmer for 20 minutes. Strain through a napkin, turn into a mould or shallow dish, and put away to harden.

鴨司必克凍

清湯十二兩、若是要做黃的顏色、則用牛肉、要做白的顏色、則用雞或小牛肉、外國洋菜半匣、雞蛋白一個、冷水半茶杯、丁香兩粒、葱頭一大片、胡椒十二粒、旱芹一莖、鹽一些。○做法、先將洋菜浸在半茶杯水內兩點鐘、雞蛋白亦先要與清湯一大匙打高、然後與各樣料物一同煮滾、再用慢火煮二十分鐘。後用潔淨的布濾去渣滓、倒在盆內或做凍的器皿內、待其凍硬就好。

ENTRÉES.

Fillet of Beef, Larded.

The true fillet is the tender loin, although sometimes a rib, roast, boned and rolled, is called a fillet. A short fillet, weighing from 2½ lbs. to 3 lbs., will suffice for ten persons at a dinner where this is served for one course. First remove from the fillet every shred of ligament and thin, tough skin. If it is not a good round shape, skewer it into shape. Lard with two rows of pork, having them meet at a line in the centre. Dredge with salt, pepper and flour, and put without water into a small pan. Place in a hot oven for 30 minutes. Let it be in the lower part of the oven the first 10 minutes, then place on the upper grate. Serve with mushroom (No. 10), Hollandaise (No. 13) or tomato sauce (No. 19) or with potato-balls. If with sauce, this should be poured round the fillet. The time given cooks a fillet of any size, the shape being such that it will take 30 minutes for either 2 or 6 lbs.

論小炒 肺利牛肉穿猪油

若是不用肺利牛肉、可以用角尖牛肉、剔去骨頭。如重約二磅半或三磅的、可以吃十個人。○做法、牛肉如有皮筋、要除去、捲攏、用竹籤籤牢、中間劃一條直的刀痕、兩邊用猪油切條、穿成人字的樣式、蘸上麵粉、鹽、胡椒粉、放在相配的小盆內、不用水、要乾烘、用旺火烘半點鐘、起初的十分鐘、要放在火的下面烘、後來的念分鐘、要放在鐵架上面烘、吃的時候、要用十號或十三號或十九號的汁同吃、如不用汁、可以用山芋球、若是用汁、要澆在牛肉的四周、至於烘的時候、若是重兩磅至六磅的、則工夫亦不要多加半點鐘是殼了。

Fillet of Beef, à la Hollandaise.

Trim and cut the short fillet into slices about ½ inch thick. Season these well with salt, and then lay in a pan with 6 tablespoonfuls of butter, just warm enough to be oily. Squeeze the juice of ½ a lemon over them. Let them stand 1 hour; then dip lightly in flour, place in the double broiler, and cook for 6 minutes over a very bright fire. Have a

mound of mashed potatoes in the centre of a hot dish, and rest the slices against this. Pour a Hollandaise (No. 13) sauce around. Garnish with parsley.

肺利牛肉挨拉好盒頭將小一些的肺利牛肉、切成片、約厚半寸多。撒上鹽、放在盆內、澆上烘烊的白塔油六大匙、斟上酸橘汁半隻、放在涼處一點鐘、撒上麵粉、安在鐵架上、用旺火烤六分鐘。另將熱盆放上捺碎的山芋、堆高如一座小山、將牛肉一片一片的放在山上、做成好看的樣式、用十三號汁澆在四周、再用芫荽做花、就好了。

Macaronied Beef.

6 lbs. of beef from the upper part of the round, ¼ lb. of macaroni (12 sticks), ½ cupful of butter, 4 large onions, 1 quart of peeled and sliced tomatoes, or a quart can of the vegetable, 2 heaping tablespoonfuls of flour, salt, pepper and 2 cloves. Make holes in the beef with a large larding needle, and press the macaroni into them. Season with salt and pepper. Peel and cut the onions fine and fry in the butter in a 6-quart pan until brown; then put in the meat, first drawing the onions aside. Dredge with flour and spread the top of the meat with the fried onions. Put in the spice and one quart of boiling water. Cover tightly, and simmer *slowly* for 3 hours; then add the tomato, and cook 1 hour longer. Take up the meat and strain the gravy over it, serve hot. The tomato may be omitted if 1 pint more of water and an extra tablespoonful of flour are used instead. Always serve macaroni with this dish.

牛肉和通心粉

牛腿肉的上段六磅、通心粉三兩、或十二根、白塔油半茶杯、大葱頭四個、番柿去皮切片一誇偷、如沒有新鮮的、可以用瓶內的番柿一誇偷、麵粉兩滿大匙、鹽、胡椒粉、各一些、丁香兩粒、○做法、用鐵鍋一枚、在肉上處處鑿洞、洞內將通心粉嵌入、加上鹽、胡椒粉。先將能容六誇偷的罐、放入白塔油、將四個大葱頭在內煎、煎好、要撩在一邊、後將肉放入、蘸上麵粉、把煎好的葱頭、放在肉上、加上丁香兩粒、倒上滾水一誇偷、蓋好、用慢火煮三點鐘、加入番柿、再煮一點鐘。把肉取出、放在盆上、湯要濾去渣滓、倒在上面、要熱吃、不可以冷。如不喜歡番柿、可用水一拋音脫、麵粉一大匙、吃的時候、要與煮熟的通心粉同吃。

Cannelon of Beef.

1 thin slice of the upper part of the round of beef. Cut off all the fat and so trim as to give it a regular shape. Chop the trimmings, together with ½ lb. of boiled salt pork, and 1 lb. lean ham, very fine. Add a speck of cayenne, 1 teaspoonfull of mixed mustard, one of onion-juice, 1 tablespoonful of lemon-juice and 3 eggs. Season the beef with salt and pepper. Spread the mixture over it, and roll up. Tie with twine, being careful not to tie too tightly. Have 6 slices of fat pork fried in the braising-pan. Cut 2 onions, 2 slices of carrot, and 2 of turnip into this and stir for 2 minutes over the fire. Roll the cannelon in flour, and put it in the braising-pan with the pork and vegetables. Brown slightly on all sides; then add 1 quart of boiling water, and place in the oven. Cook 3 hours, basting every 15 minutes. When it has been cooking 2 hours, add ½ cupful of canned tomatoes or 2 fresh ones. Taste to see if the gravy is seasoned enough; if it is not, add seasoning. Slide the cake turner under the beef, and lift carefully on to a hot dish. Cut the string with a *sharp* knife and carefully draw it away from the beef. Skim off all the fat and strain the gravy on to the meat. Garnish with a border of toast. Cut in thin slices with a sharp knife.

牛肉鉛奈倫

牛腿內的上段切一薄片、邊上如有油或筋、要修光、做成好看的樣子。修下的零碎肉、與煮熟的鹹肉三兩、瘦的火腿肉一磅、一同斬細、加入紅胡椒粉一些、芥辣粉調漿一小匙、葱頭汁一小匙、酸橘汁一大匙、雞蛋三枚。○做法、肉上薄鹽、胡椒粉。又將斬細的肉與別物、一同調和、塗在肉上、捲緊、用線紮好、紮的不可太緊、恐防烘的時候要漲碎也、另將肥猪肉六片、放在盆內煎好。又將胡蘿蔔、白蘿蔔、各一片、葱頭兩個、一同斬細、入肉油內煎。後將捲好的肉、沾上麵粉、與煎好的東西、一同放在盆內、入爐中烘黃、加入滾水一誇倫、烘三點鐘。每十五分鐘、要澆湯與鹽、胡椒粉、在肉上一次、烘至兩點鐘、要加入餅內的番柿半杯、如無餅內的、可用新鮮番柿兩隻、至烘滿三點鐘、要用鐵鏟抄起、放在盆上、將快刀割去紮肉的線、要小心不可割碎肉。盆中的湯、要撇去浮油、用篩濾過、倒在肉上、再將切成小塊的拖司放在四周、切開這個肉、須要用快刀。

Beef Roulette.

Have 2 lbs. of the upper part of the round, cut very thin. Mix together 1 cupful of finely chopped ham, 2 eggs, 1 teaspoonful of mixed mustard, a speck of cayenne and 3 tablespoonfuls of stock or water. Spread upon the beef, which roll up and tie firmly but do not draw the string too tightly, for that would cut the meat as soon as it began to cook. Cover the roll with flour and fry brown in 4 tablespoonfuls of ham or pork fat. Put it in as small a sauce-pan as will hold it. Into the fat remaining put 2 finely-chopped onions, and cook until a pale yellow; then add 2 tablespoonfuls of flour, and stir 3 minutes longer. Pour upon this 1½ pint of boiling water. Boil up once and pour over the roulette; then add 2 cloves, ¼ of a teaspoonful of pepper and 1 teaspoonful of salt. Cover, and set where it will simmer slowly for 3 hours. After the first hour and a half turn the roulette over. Serve hot, with the gravy strained over it. It is also nice to serve cold for lunch or supper. Ham force-meat balls and parsley make a pretty garnish.

牛肉羅來脫

牛圈肉的上段兩磅、用斬細火腿肉粉一杯、雞蛋兩個、水調芥辣粉一小匙、紅胡椒粉一些、牛肉湯或水三大匙、一同調和、塗於肉上、捲緊、用線紮好、不可太緊。肉的外面、蘸上麵粉、用猪油四大匙煎黃、放入差不多大的罐內。另將葱頭兩個、切細、放在猪油內煎、加上麵粉兩大匙、滾水一拋音脫半、煮至滾、倒在罐內的肉上。加丁香四粒、胡椒粉一些、鹽一小匙、蓋好、用慢火煮一點半鐘。將肉翻轉、再煮一點半鐘。吃的時候、肉要放在熱的盆上、湯用篩濾過、倒在肉上。用火腿做成的球與芫荽、放在盆的四周。如喜歡冷吃、亦可以。然而最好是熱吃。

Beef Olives.

1½ lb. of beef, cut very thin. Trim off the edges and fat; then cut in strips 4 inches long and 3 inches wide; season well with salt and pepper. Chop fine the trimmings and fat. Add 3 tablespoonfuls of powdered cracker, 1 teaspoonful of sage and savory mixed, ¼ of a teaspoonful of pepper and 2 teaspoonfuls of salt. Mix very thoroughly and spread on the strips of beef. Roll them up and tie with twine. Fry brown ¼ lb. of pork. Take it out of the pan, and put the olives in. Fry brown, and put in a small sauce-pan that can be tightly covered. In the fat remaining in the pan put 1 tablespoonful of flour, and stir

until brown; then pour in gradually 1½ pint of boiling water. Stir for 2 or 3 minutes. Season to taste with salt and pepper, and pour over the olives. Cover the sauce-pan, and let simmer 2 hours. Take up, cut the strings; arrange in a row on a dish and pour the gravy over them.

牛肉捲

牛肉先切薄片、一磅半、後切成塊、每塊長四寸、濶三寸、薦上鹽、胡椒粉。修下的零碎肉、要斬細加餅乾屑三大匙、紫蘇、衰物來、各一小匙、胡椒粉一些、鹽兩小匙、拌和、塗在肉上、捲緊、紮好。另用肥猪肉三兩、煎黃、取出、把牛肉捲放入、煎至黃、裝入有蓋的小罐。餘剩的油內、要放麵粉一大匙、炒黃、將滾水十二兩、慢慢的加入、調和、煮二三分鐘、加上鹽、胡椒粉、倒在牛肉捲上、煮兩點鐘、將牛肉捲取出、解去線、放在盆上、排列均勻、澆上湯、就可以吃。

Veal Olives.

These are made in the same manner, except that a dressing is made for them. For 1½ lb. of veal take 3 crakers, ½ a teaspoonful of butter, ½ a teaspoonful of savory, ¼ a teaspoonful of sage, 1 teaspoonful of salt, a very little pepper and ⅛ of a cupful of water. Spread the strips with this, and proceed as for beef olives.

小牛肉捲

做法與上文同、不過中間的料物不同。若是有小牛肉一磅半、要用餅乾屑三個、白塔油半小匙、衰物來半小匙、紫蘇一些、鹽一小匙、胡椒粉一些、冷水一杯內八分之一、一同拌和、塗在照上文大小的肉上。

Braised Tongue.

Wash a fresh beef tongue, and with a trussing needle run a strong twine through the roots and end of it, drawing tightly enough to have the end meet the roots; then tie firmly. Cover with boiling water, and boil gently for 2 hours; then take up and drain. Put 6 tablespoonfuls of butter in the braising-pan, and when hot put in ½ a small carrot, ½ a small turnip and 2 onions, all cut fine. Cook 5 minutes, stirring all the time, and then draw to one side. Roll the tongue in flour and put in the pan. As soon as browned one side, turn, and brown on the other. Add 1 quart of the water in which it was boiled a bouquet of sweet herbs, 1 clove, 1 small piece of cinnamon, and salt and pepper. Cover and cook in a slow oven for 2 hours, basting often with the gravy in the pan, and

salt and pepper and flour. When it has been cooking 1½ hour add the juice of ½ a lemon to the gravy. When done, take up. Melt 2 tablespoonfuls glaze, and pour over the tongue. Place in the heater till the gravy is made. Mix 1 tablespoonful of corn-starch with a little cold water, and stir into the boiling gravy, of which there should be 1 pint. Boil 1 minute: then strain, and pour around the tongue. Garnish with parsley, and serve.

孛來尋牛舌

新鮮牛舌洗淨好、用大針穿線、通過舌尖、後將舌根捲起至舌尖、就將所通的線紮牢、浸在滾水內煮兩點鐘、取出、放在器內、使舌內的水流出。另將白塔油六大匙、在鑊內煮熱、將葱頭兩個、胡蘿蔔、白蘿蔔、各半個、切細、入油內煎五分鐘、取出。再將牛舌醮上麵粉、入油內先煎一面、煎好、再煎一面。然後將煎舌的水一碗倫、倒在牛舌上。再用各樣香草紮好、丁香一粒、桂皮一些、鹽、胡椒粉各一些、加入、蓋好、用慢火孛來尋兩點鐘、要時時將湯澆上、鹽、胡椒粉、麵粉、亦要撒上些。如孛來尋至一點半鐘、要將酸橘汁半隻、料在湯內。孛來尋好後、取出牛舌、放在熱的盆上、用筛來土兩大匙、烘焯、倒上、放在熱處。再將六角粉一大匙、冷水調漿、倒在湯內。湯必須滿一磅音脫、如不敷、要加水、再煮一歇、濾去渣滓、倒在牛舌的四周。另用菜葉做花。

Tongue in Jelly.

Boil and skin either a fresh or salt tongue. When cold, trim off the roots. Have 1½ quart of aspic jelly in the liquid state. Cover the bottom of a 2-quart mould about an inch deep with it, and let it harden. Cut out leaves from beets and garnish the bottom of the mould with them. Gently pour in 3 tablespoonfuls of jelly, to set the vegetables. When this is hard, add jelly enough to cover the vegetables, and let the whole get very hard. Then put in the tongue, and about a ½ cupful of jelly, which should be allowed to harden, and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. *To Serve.*—Turn on a dish with pickles and parsley as a garnish. Pickled beet is especially nice.

牛舌凍

不拘酸鮮的牛舌一個。煮好、剝去皮、待冷、舌根上有不齊整的、要修光。用做凍的器皿、可以放得兩箭倫的、先將鴨司必克凍一箭倫零四兩、烘烊、倒在器內、厚約一寸、待其冷而凍、將紅菜頭剪成花葉花樣、放在上面、做成花樣。再倒上凍三大匙、將花煮住、再待其凍。後將牛舌放入、再將凍半茶杯倒上、待冷、再倒凍至滿。吃的時候、要將器皿翻轉、倒在盆內、四周用酸果與芫荽做花、如用紅菜頭做酸果、是更好。

Lambs' Tongues in Jelly.

Lambs' tongues are prepared in the same manner as beef tongues. Three or four moulds, each holding a little less than a pint, will be enough for a small company, 1 tongue being put in each mould.

小羊舌凍

做法與上文同。不過器皿要小、每個器皿可以放一拋音脫、一個小羊舌、要放在一個器皿內、人吃、須一人一個。

Haricot of Ox Tails.

3 ox tails, 2 carrots, 2 onions, 2 small white turnips, 3 potatoes, 3 tablespoonfuls of butter, 2 of flour, 3 pints of water, and salt and pepper to taste. Cut the tails in pieces about 4 inches long. Cut the onions very fine, and the carrots, turnips and potatoes into cubes. Put the butter, meat and onions in the stew-pan and fry, stirring all the time, until the onions are a golden brown; then add the flour, and stir 2 minutes longer. Add the water, and when it comes to a boil, skim carefully. Set back where it will simmer. When it has been cooking 1 hour add the carrots and turnips. Cook another hour, and then add the salt, pepper and potatoes. Simmer 20 minutes longer. Heap the vegetables in the centre of a hot dish, and arrange the tails around them. Pour the gravy over all and serve.

燴牛尾

牛尾三條、胡蘿蔔、白蘿蔔、葱頭、各兩個、山芋三隻、白塔油三大匙、麵粉二大匙、水三拋音脫、鹽、胡椒粉、各一些。○做法、將牛尾切斷、每段約長四寸、又將葱頭切細、胡蘿蔔、白蘿蔔、山芋、要切小方塊、先將白塔油、葱頭、牛尾、放在罐內煎、見葱頭黃、要加麵粉、再

煎二分鐘、加入水三拋音脫、煮滾、撇去浮油、用慢火煮一點鐘。放入切好的胡蘿蔔、白蘿蔔、再煮一點鐘。要加山芋、鹽、胡椒粉、煮二十分鐘、就可以吃。吃的時候、將胡蘿蔔、白蘿蔔、山芋、堆在中間、牛尾放在盆的四周、湯要澆在上面。

Ragout of Mutton.

3 lbs. of mutton, 6 tablespoonfuls of butter, 3 of flour, 12 button onions, or 1 of the common size, 1 large white turnip, cut into little cubes; salt, pepper, 1 quart of water and a bouquet of sweet herbs. Cut the meat in small pieces. Put 3 tablespoonfuls each of butter and flour in the stew-pan, and when hot and smooth add the meat. Stir until a rich brown, then add the water, and set where it will simmer. Put 3 tablespoonfuls of butter in a frying-pan, and when hot put in the turnips and onions with 1 teaspoonful of flour. Stir all the time until brown; then drain and put with the meat. Simmer for an hour and a half. Garnish with rice, toasted bread, plain boiled macaroni or mashed potatoes. Serve very hot.

燴羊肉

羊肉三磅、白塔油六大匙、麵粉三大匙、小嫩葱頭十二個、如無有、則用大葱頭一個、大白蘿蔔一個、要切方塊、水一誇偷、鹽、胡椒粉、各一些、各樣紮好的香草、不拘多少。○做法、羊肉要切小塊、先將白塔油三大匙、與麵粉煎熟。後將羊肉煎黃、加水一誇偷、用慢火煮一點半鐘。另將白塔油三大匙、熬熱、放入葱頭、白蘿蔔、麵粉一小匙、一同煎黃、濾去油、加在羊肉內一同煮。吃的時候、四周要做米飯、或是拖司、或煮熟的通心粉、或搽碎的熟山芋要熱吃、不可以冷。

Chicken Pie.

Cut the chicken into four quarters; season them with pepper, salt, a little mace, and sweet marjoram; dredge in some flour, a little butter in small bits, and a cupful of hot water or veal stock. Make a good paste crust (paste No. 2); line the sides of the dish and rim; put in the chicken, cover it over with the crust, cut a hole in the top, and bake it 30 minutes. If the chickens are not very young they should be boiled 30 minutes, after they are cut up with some strips of pork. The chicken may be cut into much smaller pieces.

雞派愛

雞一隻、切四塊、蘸上鹽、胡椒粉、梅以司、牛膝草、各一些。撒上麵粉、用第二等做法的麵皮、〇做法、將深的盆邊上從上至下、要放麵皮、不過底上不用。先將雞放在中間、加上熱水或牛肉湯一杯、再將白塔油切小塊、鋪在上面、後將麵皮蓋上、麵皮上要開一小口、以便出氣、烘半點鐘、這個法則、是講小而嫩的雞、若是大而老的、須要預先切好、煮半點鐘。煮的時候、用切成薄片的醃猪肉同煮。雞切四塊、若嫌太大、則切小些亦可。

Cold Game Pie.

Make 3 pints of force-meat. [*See* "Force-Meat for Game."] Cut all the meat from 2 partridges or grouse, and put the bones on to boil with 3 quarts of water and 3 lbs. of a shank of veal. Fry 4 large slices of fat salt pork, and as soon as brown, take up, and into the fat put 1 onion cut in slices. When this begins to turn yellow, take up, and put the meat of the birds into the pan. Dredge with salt, pepper and flour, stir constantly for 4 minutes; take up, and put away to cool. Make a crust as directed for raised pies (paste No. 3). Butter the French pie-mould very thoroughly and line with paste. Spread upon the paste a layer of thin slices of salt fat pork, then a layer of force-meat, 1 of grouse, 1 of force-meat, and so on until the pie is filled. Leave a space of about ½ an inch at the edge of the mould, and heap the filling in the centre. Moisten with ½ cupful of well seasoned stock. Roll the remainder of the paste into the shape of the top of the mould. Wet paste at the edge of the mould with beaten egg: then put on the top, and press the top and side parts together. Cut a small piece from the centre of the top crust, add a little more paste to it, and roll a little larger than the opening which it is to cover. Ornament the edges with the jagging iron and the top with leaves or flowers cut from paste. Bake in a low oven 3½ hours. While the pie is baking the sauce can be prepared. When the bones and veal have been cooking 2 hours, add 2 cloves, a bouquet of sweet herbs and the fried onions. Cook 1 hour longer; then salt and pepper well and strain. The water should be reduced in boiling to 1 quart. When the pie is baked, take the centre piece from the cover, and slightly press the tunnel into this opening. Pour slowly 1 pint of the hot gravy into this. Put back the cover and set away to cool. The rest of the gravy must be turned into a flat dish and put away in a cold place to harden. When the pie is served put it in the oven about 5 minutes; then draw

out the wires and open it. Slip the pie on to a cold dish and garnish with the jellied gravy and parsley. This is a nice dish for suppers and lunches. All kinds of game and meat can be prepared in the same manner.

野味派愛

斬細肉粉三拋音脫做肉粉的法則、在下文講明。鴿鵪或雉鳩兩隻、割去肉、將骨頭與三磅倫水、三磅小牛肉、一同煮。另將醃豬肉四片、在鑊內煎黃、再將葱頭一個、切片煎黃。然後將割下的鳥肉、膊上麵粉、鹽、胡椒粉、煎四分鐘、取出、待冷、用第三等做法的麵皮。○做法、用法蘭西派愛的盆、搵上白塔油、盆的四周、與底上先要放麵皮。再將醃肥豬肉、切薄片、亦放在邊與底上。中間要放一層肉粉、一層鳥肉、層層相間、至滿爲住、然而不可太滿、離盆口約半寸、就好了。做的時候、中間要留一圓空、將牛肉湯半茶杯、小心倒入、後將麵皮蓋上。麵皮的邊上、要沾上生雞蛋黃、使其能與盆邊的麵皮粘牢、又用指徹壓、則與生成的一般矣。麵皮上要開一小圓口、另外剪麵皮做一圓蓋、比口略大、邊上要將麵皮做花或葉貼上、是好看些。然後放入爐內、烘三點半鐘。烘的時候、要做湯、上文所講的湯、煮至兩點鐘、要加丁香兩粒、紮好香草、各樣一些、煎黃的葱頭片、再煮一點鐘、加上鹽、胡椒粉。煮好後、應重一磅倫、用篩濾過、等派愛烘熟、揭去面上小蓋、將湯用漏斗慢慢的灌入、祇用一拋音脫、其餘一拋音脫、要放在別的器皿內、待其冷而凍。吃的時候、派愛要在爐內烘五分鐘、拔去盆底的釘、其底自然脫落、則派愛從底下脫出、放在冷盆上、後將湯凍切開、與蔬菜做成花樣、就好了。這個法則、是做點心用。別樣鳥肉、亦可以用。

Chartreuse of Chicken.

Make the force-meat (No. 6) as for quenelles of chicken. Simmer 2 large chickens in white stock 30 minutes. Take up, and let cool. Have a pickled tongue boiled tender. Cut thin slices from the breast of the chickens, and cut these in squares. Cut the tongue in slices, then into squares the same size as the chicken. Butter a 4-quart mould, and

arrange the chicken and tongue handsomely on the bottom and sides, being careful to have the pieces fit closely together. Have notepaper cut to fit the bottom and sides. Butter it well, and cover about 1 inch deep with the force-meat. Take up the bottom piece by the four corners and fit it into the mould, the meat side down. Put a little hot water into any kind of a flat dish and put this into the mould and move it over the paper, to melt the butter; then lift out the paper. Place the papers on the side in the same way as on the bottom and melt the butter by rolling a bottle of hot water over them. Remove these papers, and set the mould in a cold place until the filling is ready. Cut from the tenderest part of the chicken enough meat to make 2 quarts. Cut 4 large, or 6 small, mushrooms and 4 truffles in strips. Put ½ cupful of butter, ½ a large onion, 4 cloves, a blade of mace, a slice of carrot, 1 of turnip and a stalk of celery in a sauce-pan, and cook 5 minutes, stirring all the while; then add 5 tablespoonfuls flour. Stir until it begins to brown, when add 1 quart of the stock in which the chickens were boiled, a bouquet of sweet herbs, and salt and pepper. Simmer 20 minutes; strain, and add to the chicken. Return to the fire, and simmer 20 minutes longer, and set away to cool. When cold, put a layer of the chicken in the mould, and a light layer of the truffles and mushrooms. Continue this until the form is nearly full, and then cover with the remainder of the force-meat. Spread buttered paper upon it, and put in a cool place until cooking-time, when steam 2 hours. Turn carefully upon the dish. Brush over with 3 tablespoonfuls of melted glaze. Pour 1 pint of Supreme sauce (No. 6) around it, and serve.

All kinds of meat *chartreuses* can be made in this manner.

鑄脫羅司雞

第六號做法的肉粉。大號雞二隻、放在牛肉湯內煮半點鐘、取出、待冷。鹹牛舌一個、煮疏。將雞的胸肉先切薄片、後切小方塊、牛舌亦要切薄片與小方塊、與雞肉一般大。用做凍的器皿、能容四旁倫的、翻轉四周及底上、都要揩上白塔油、然後將小方塊的雞、與牛舌、如鋪方磚式、間花排列底上、四周亦這樣的排列。又用西國白厚紙、照器皿一般大、剪成四周與底、一面揩上白塔油、先將底上的紙、塗上肉粉、厚約一寸、鋪貼在小方塊的肉上、四周也要如是。後用熱水餅浚熨、拿去紙、則肉粉平貼在肉上了、若

不用紙、不能貼上。做好後、要放在凉處。餘下的嫩雞肉、要用二誇偷、大菌四隻、如小要六隻、蘑菰四隻、各切細長條、白塔油半杯、大葱頭半個、丁香四粒、梅以司一些、胡蘿蔔、白蘿蔔、各一片、旱芹一莖。白塔油以下的東西、都要幷和、煎五分鐘、時常攪動、不可以焦。後加麵粉五大匙、炒黃、再加煮雞的湯一誇偷、香料一些、紮好、鹽、胡椒粉、各一些、用慢火煮二十分鐘、濾去渣滓、放入切好的雞肉、再煮二十分鐘、待冷、倒在做凍的器皿內、一層雞肉、一層蘑菰、香菌、層層相間、至滿爲住。然而不可以太滿、面上塗上肉粉、用厚紙蓋好、放在冷處。吃這個東西、要預先做好、吃的時候、要在兩點鐘以前、放在鍋上蒸熟、小心倒轉、放在盆上、揭起器皿、用三大匙撈來上、烘烊揚上。再用第六號汁倒在四周、就可以吃。別樣的肉、亦可以照這個法則做。

Chartreuse of Chicken and Macaroni.

1 large fowl, about 4½ or 5 lbs., ½ box of gelatine, 1 cupful of the broth the chicken was boiled in, 1 cupful of cream, salt, pepper, 14 oz. of macaroni. Just cover the fowl with boiling water, and simmer until very tender, the time depending upon the age, but being from 1 to 2 hours if the bird is not more than a year old. Take off all the skin and fat, and cut the meat in thin, delicate pieces. Soak the gelatine 2 hours in ½ a cupful of cold water, and dissolve it in the cupful of boiling broth; add to the cream and season highly. Have the chicken well seasoned, also. Put the macaroni in a large flat pan with boiling water to cover, and boil rapidly for 3 minutes. Drain off the water, and place the macaroni on a board, and cut in pieces about 1 inch long. Butter a 2-quart mould very thickly, and stick the macaroni closely over the sides and the bottom. When done, put the chicken in lightly and evenly, and add the sauce very gradually. Steam 1 hour. Serve either cold or hot. Great care must be taken in dishing. Place the platter over the mould and turn the mould and platter simultaneously. Let the dish rest a moment, and then gently remove the mould. Serve immediately. A long time is needed to line the mould with the macaroni; but it is a very handsome and savory dish. If you prefer, you can use all broth, and omit the cream.

肆脫羅司雞與通心粉

大號雞一隻、約重四磅半或五磅、西國洋菜半匣、雞湯一杯、奶油一杯、鹽、胡椒粉、各一些、通心粉十四兩。○做法、將雞放入滾水內、用慢火煮、工夫是照雞的大小、假如一年的雞、煮一點至二點鐘是彀了。煮好後、把雞皮與油棄去、切成薄片、放開。另將西國洋菜、用半杯冷水浸兩點鐘、再用滾雞湯一杯、把洋菜浸入湯內、待他融化、加入奶油、鹽、胡椒粉。雞肉上亦要加鹽、胡椒粉。又將通心粉放在水內煮三分鐘、倒去水、切成段、約一寸長。用做凍的器皿、能容兩誇偷的、揭上白塔油、先將通心粉堅直排列在四周、底上也要這樣、後將切片的雞肉排勻放入、再將洋菜湯倒入、要慢慢的做。然後放在鍋上蒸一點鐘、不拘熱吃冷吃、都可以。取出的時候、要小心、將盆子翻轉、蓋在器皿上、用手倒轉、揭去器皿、就好了。排列通心粉的工夫雖是多、然而做成後、不但好看、也是好吃。若有人不喜歡奶油、可以換雞湯一杯。

Chicken in Jelly.

For each pound of chicken, a pint of water. Clean the chicken and put to boil. When it comes to a boil, skim carefully; and simmer gently until the meat is very tender—about an hour and a half. Take out the chicken, skin, and take all the flesh from the bones. Put the bones again in the liquor, and boil until the water is reduced one half. Strain, and set away to cool. Next morning skim off the fat. Turn the jelly into a clean sauce-pan, carefully removing all the sediment; and to each quart of jelly add $\frac{1}{4}$ package of gelatine (which has been soaked an hour in half a cupful of cold water), 1 onion, 1 stalk of celery, 12 pepper-corns, a small piece of mace, 4 cloves, the white and shell of 1 egg and salt and pepper to taste. Let it boil up; then set back where it will simmer 20 minutes. Strain the jelly through a napkin. In a 3-pint mould put a layer of jelly about 1 inch deep. Let it harden. Have the chicken cut in long, thin strips, or chopped fine, and well seasoned with salt and pepper; and when the jelly in the mould is hardened, lay in the chicken, lightly, and cover with the liquid jelly which should be cool but not hard. Fill the mould with alternate layers of chicken and jelly. Put away to harden. When ready to serve dip the mould into warm water and then turn into the centre of a flat dish. Garnish with parsley, and, if you choose, with Tartare (No. 20) sauce.

雞凍

若有一磅重的雞、要用水一拋音脫。將雞收拾乾淨、入水內煮滾、撇去油沫、用慢火煮一點半鐘、待其疏、取出雞肉、將骨頭再煮、等水煮去一半、然後濾去渣滓、放在凉處。至明日、撇去浮油、除去渣滓、再煮。若是一誇偷湯、要用匣內洋菜四分之一、先要在半杯冷水內浸一點鐘、然後放入湯內、加上葱頭一個、旱芹一莖、梅以司一些、胡椒十二粒、丁香四粒、蛋白與蛋殼一個、鹽、胡椒粉、各一些、煮滾後、用慢火煮二十分鐘、用布濾去渣滓。將做凍的器皿、能容三拋音脫的、把湯倒入、約一寸厚、待冷。後將雞肉切絲或切粉、撒上鹽、胡椒粉、在湯上平放一層。再加湯、待冷。層層相間、至滿爲住、至末層、必須用湯、待其冷而硬。倒在盆上的時候、要先在溫水內溫過、則凍在器中褪出、是客易些。四周要放芫荽。若是歡喜、可用第二十號汁、倒在四周。

To Remove a Fillet from a Fowl or Bird.

Draw the skin off of the breast, and then run a sharp knife between the flesh and the ribs and breast-bone. You will in this way separate the two fillets from the body of the bird. The legs and wings of the largest birds and fowl can be boned, and stuffed with force-meat, and then prepared the same as, and served with, the fillet. The body of the bird can be used for soups. Fillets from all kinds of birds can be prepared the same as the those from chickens.

取出雞內肺利的法則

將雞肉胸前的皮、剝去、用快刀照胸膛骨一直割下、則成兩塊、這兩塊肉、就叫做肺利。若是大的雞、則腿與翅膀亦可以用。先將骨頭取出、空處用肉粉填滿、煮法、與肺利一般。其餘的骨頭、要存留做湯。各樣鳥肉、亦可以照這個法則做肺利。

Chicken Fillets, Larded and Breaded.

Lard the fillets, having 4 fine strips of pork for each one, and season with salt and pepper. Dip in beaten egg and in fine bread-crumbs. Fry 10 minutes in boiling fat. Serve on a hot dish with a spoonful of Tartare (No. 20) sauce on each.

煎雞肺利 若是一個肺利、要用猪油條四根串好、燕十鹽、胡椒粉、後將打過的雞蛋搨上、撒上饅頭屑、放在滾的油內、汆十分鐘。取出、放在熱盆上、澆上第二十號汁。一個肺利、要用汁一大匙。

Chicken Fillets, Braised.

Lard the fillets as for breading. For each one lay a slice of fat pork in the braising-pan, and on this a very small piece of onion. Dredge the fillets well with salt, pepper and flour, and place them on the pork and onion. Cover the pan and set on the stove. Cook slowly 30 minutes; then add 1 pint of stock or water and the bones of the chicken. Cover the pan, and place in a moderate oven for 1 hour, basting frequently with the gravy. If the gravy should cook away, add a little more stock or water (there should be nearly 1 pint of it at the end of the hour). Take up the fillets, and drain; then cover them with soft butter and dredge with flour. Broil till a light brown. Serve on a hot dish with the sauce poured around. Or, they can be dressed on a mound of mashed potatoes, with a garnish of any green vegetable at the base, the sauce to be poured around it.

To make the sauce.—Skim the fat from the gravy in which the fillets were cooked. Cook 1 tablespoonful of butter and 1 heaping teaspoonful of flour together until a light brown; then add to the gravy, and boil up once. Taste to see if seasoned enough, and strain.

孛來尋雞肺利 先將雞肺利用猪油串好。烘盆內放肥猪肉片、一個肺利、要用一片肉、肉上加一片葱頭。肺利上要將鹽、胡椒粉、麵粉、燕好、放在葱頭上、這樣做法、每個肺利下、就有一片葱頭、一片肉了。先放在爐上孛來尋半點鐘、加水或湯一拋音脫、雞的骨頭亦可以放入、蓋好、入爐內烘一點鐘、時時澆湯、如乾、要加水或湯、烘好以後、其湯要約重一拋音脫。後將肺利取出。漏去油、燕上白塔油、撤上麵粉一些、烤黃、放在盆內、把做好的湯澆上。○另有一法、將捺碎的熟山芋、放在盆中、四周用肺利排上、盆邊要放蔬菜、然後澆上湯。○做湯的法則、肺利取出以後、撤去油。將白塔油一大匙、麵粉一滿小匙、炒黃、加入、煮滾、味若不佳、加鹽或胡椒粉一些、濾過、澆在肺剩上。

Curried Chicken.

Cut the chicken in pieces ; and put them into a sauce-pan with 5 or 6 slices of salt pork, 1 onion, and a little salt. Put in enough cold water to cover Let it simmer over the fire until the chicken is very tender ; then mix 1 tablespoonful of curry in a little water ; stir this with the gravy, and let it stew with the chicken 10 minutes. Dish the chicken, take out the onion and pour the gravy over the chicken. Serve with rice.

嘎咧雞

雞一隻切塊、鹹猪肉五六片、葱頭一個、鹽一些。○做法、將雞與別物一同放在罐內、用冷水合雞肉取平、用慢火煮疏。另將嘎咧粉一大匙、用冷水調漿、放在湯內、一同煮十分鐘。把雞肉放在盆中、湯要取出葱頭、倒在雞上。吃的時候、要與飯同吃。如嫌太辣、則嘎咧粉可以少用些。

Other Meats Curried.

2 lbs of veal treated in the same manner, but cooked 2 hours. Mutton and lamb can be used in a like way. Whatever meat is used must be cooked until tender.

各樣嘎咧肉

小牛肉二磅、做法與嘎咧雞一般、不過要煮二點鐘。羊肉、小羊肉、亦可以做、然而要煮疏方可。

Chicken Pillau.

Cut the chicken in pieces ; wash clean. Put into a stew-pan with ⅛ lb. salt pork which has been cut in small pieces. Cover with cold water and boil until the chicken is tender, about 1 hour, unless the chicken is old. Season with salt and pepper, add 3 teaspoonfuls rice, and boil 30 minutes or longer. There should be a quart of liquor in the stew-pan when the rice is added. Care must be taken that it does not burn. Instead of chicken any kind of meat may be used.

雞飯

雞一隻切塊、收拾乾淨、放在罐內、又將鹹猪肉二兩、切小塊、一同放入、用冷水合雞肉取平、煮約一點鐘、待其疏、加上鹽、胡椒粉、再加白米三小匙、又煮半點鐘、或多一歇。加白米的時候、湯要有一誇偷。煮雞、要小心、不可焦。別樣肉、亦可以照這個法則做。

Chicken Soufflé.

1 pint of cooked chicken, finely chopped; 1 pint of Cream (No. 5) sauce, 4 eggs, 1 teaspoonful of chopped parsley, 1 teaspoonful of onion juice, salt and pepper. Stir the chicken and seasoning into the boiling sauce. Cook 2 minutes. Add the yolks of the eggs, well beaten, and set away to cool. When cold add the whites, beaten to a stiff froth. Turn into a buttered dish, and bake 30 minutes. Serve with mushroom (No. 10) or Cream (No. 5) sauce. This dish must be served the moment it is baked. Any kind of delicate meat can be used, the soufflé taking the name of the meat of which it is made.

雞瑣弗來.

煮熟雞肉切細一拋音脫、第五號汁一拋音脫、雞蛋四個、斬細芫荽一小匙、葱頭汁一小匙、鹽、胡椒粉、一些。○做法、將芫荽、葱汁、第五號、汁、一同煮滾、加入雞肉、鹽、胡椒粉、再煮二分鐘、待滾、加打過的雞蛋黃、調和、待冷、再加打過的雞蛋白、另將烘盆搵上白塔油、將雞肉等放入、入爐內烘半點鐘。吃的時候、用第十號或第五號的汁同吃。但是不要倒在上面、烘好後、要就吃。不拘別樣嫩的肉、都可以照這個法則做、不過名字要換、比方牛肉做的、要叫牛肉瑣弗來之類。

Fried Chicken.

Cut the chicken into 6 or 8 pieces. Season with salt and pepper. Dip in beaten egg, then in fine bread-crumbs in which there is 1 teaspoonful of chopped parsley for every cupful of crumbs. Dip again in the egg and crumbs. Fry 10 minutes in boiling fat. Cover the centre of a cold dish with Tartare (No. 20) sauce. Arrange the chicken on this, and garnish with a border of pickled beets. Or, it may be served with a Cream sauce (No. 5).

煎雞

雞一隻、切六塊或八塊、醃上鹽、胡椒粉、將搵上打過的雞蛋、後撒上饅頭屑。若是用饅頭屑一茶杯、則要將芫荽一小匙拌和、撒在雞上。再搵上雞蛋、撒上饅頭屑、共做兩次。後放在滾油內、汆十分鐘。吃的時候、用冷盆先倒上二十號汁、雞放在汁的上面。四周用醋紅菜頭切片、放在上面、或是用五號汁亦可。

Blanquette of Chicken.

1 quart of cooked chicken, cut in delicate pieces; 1 large cupful of white stock, 3 tablespoonfuls of butter, a heaping tablespoonful of flour, 1 teaspoonful of lemon-juice, 1 cupful of cream or milk, the yolks of 4 eggs, salt, pepper. Put the butter in the sauce-pan, and when hot add the flour. Stir until smooth, but not brown. Add the stock, and cook 2 minutes; then add the seasoning and cream. As soon as this boils up, add the chicken. Cook 10 minutes. Beat the yolks of the eggs with 4 tablespoonfuls of milk. Stir into the blanquette. Cook about half minute longer. This can be served in a rice or potato border, on a hot dish or with a garnish of toasted or fried bread.

白湯雞

煮熟雞肉一隻倫、切小塊、白湯一大杯、白塔油三大匙、麵粉一滿大匙、奶油一茶杯、雞蛋黃四個、鹽、胡椒粉、各一些。○做法、白塔油放在罐內煮熟、加入麵粉拌和、再加白湯一大匙、煮二分鐘、加鹽、胡椒粉、酸橘汁、牛乳、待其滾、將雞肉放入、煮十分鐘、把蛋黃與四大匙牛乳調和、放在罐內、煮一歇、就可以吃。吃的時候、要放在熱的盆上、四周放飯、或山芋、或拖司、或煎饅頭。

Cutlets à la Duchesse.

2 lbs of lamb or mutton cutlets, 1 large cupful of cream, 1 tablespoonful of onion-juice, 4 tablespoonfuls of butter, 1 of flour, 2 eggs, the yolks of 4 more, 2 tablespoonfuls of finely-chopped ham, 1 of lemon-juice, and salt and pepper to taste. Put 2 tablespoonfuls of the butter in the frying-pan. Season the cutlets with salt and pepper, and when the butter is hot put them into it. Fry 5 minutes, if lamb or mutton; but if veal, put a cover on the pan and fry very slowly 15 minutes. Set away to cool. Put the remainder of the butter in a small frying-pan, and when hot stir in the flour. Cook 1 minute, stirring all the time, and being careful not to brown. Stir in the cream. Have the ham, the yolks of the eggs and the onion and lemon-juice beaten together. Stir this mixture into the boiling sauce. Stir for about 1 minute, and remove from the fire. Season well with pepper and salt. Dip the cutlets into this sauce, being careful to cover every part, and set away to cool. When cold, dip them in beaten egg and in bread-crumbs. Fry in boiling fat for 1 minute. Arrange them in a circle on a hot dish, and have green peas in the centre and Cream (No. 5) sauce poured around.

刺脫來此挨拉特屈斯

不拘大小羊肉或小牛肉二磅、切成塊、奶油一大杯、葱頭汁一大匙、白塔油四大匙、麵粉一大匙、雞蛋兩個、又雞蛋黃四個、斬細火腿肉兩大匙、酸橘汁一大匙、鹽、胡椒粉、各一些。○做法、先將白塔油二大匙入罐內熬熱、後將切好的肉、蘸上鹽、胡椒粉、入油內煎五分鐘。若是羊肉與小羊肉、則煎五分鐘彀了、若是小牛肉、必須蓋好、用慢火煎一刻鐘、放開待冷。另將小罐、放白塔油兩大匙、熬熱、加入麵粉、拌和、再放奶油在內、調和、後將切細的火腿肉、四個蛋黃、葱頭汁、酸橘汁、一同拌和、放入罐內、煮至滾、加上鹽、胡椒粉。然後將煎好的肉、放在內滾動、待沾上各物、取出、待乾、再蘸上打過的雞蛋、撒上饅頭屑、放在滾油內、汆一分鐘、就可以吃。吃的時候、要放在盆的四周、用新鮮小豌放在盆中、肉的四周、可將第五號汁澆上、就是了。

Veal Cutlets.

1½ lb. of cutlets, 2 tablespoonfuls of butter, a slice of carrot and a small slice of onion. Put the butter and the vegetables, cut fine, in a sauce-pan. Season the cutlets with salt and pepper, and lay them on the butter and vegetables. Cover tightly, and cook slowly for 30 minutes; then take out, and dip in the egg and bread-crumbs, and fry in boiling fat till brown. Or, dip the cutlets in salt butter and then in flour, and broil. Serve with White (No 2) sauce poured around. Put a quart of green peas, or points of asparagus, in the centre of the dish, and arrange the cutlets around them. Pour on the sauce. This gives a handsome dish.

小牛肉刻脫來此

小牛肉一磅半、白塔油兩大匙、胡蘿蔔一片、小葱頭一片。○做法、將胡蘿蔔、葱頭、切細、放在白塔油內煎。肉上蘸胡椒粉、鹽、與別物一同放入、用慢火煮半點鐘、取出、沾上雞蛋、撒上饅頭屑、放在滾油內汆黃、這是第一個法則。○再有一法、不用饅頭屑、祇蘸白塔油與麵粉、放鐵架上烤熟。吃的時候、肉要放在盆的四周、用新鮮小豌或是龍鬚菜、放在盆中、用第二號汁、澆在肉的四周。

Mutton Cutlets.

Season mutton chops with salt and pepper, dip them in melted butter, and roll in *fine* bread-crumbs. Broil for 8 minutes over a fire not too bright, as the crumbs burn easily. Serve with potato-balls heaped in the centre of the dish.

羊排刻脫來此將羊排燕上鹽、胡椒粉、再沾上白塔油、入饅頭屑內滾過、烤八分鐘、火不可太旺、恐防饅頭屑發焦、不可以吃。吃的時候、盆中堆放山芋球、把羊排放在四周。就好。

Stewed Steak with Oysters.

2 lbs. of rump steak, 1 pint of oysters, 1 tablespoonful of lemon-juice, 3 of butter, 1 of flour, salt and pepper, 1 cupful of water. Wash the oysters in the water, and drain into a stew-pan. Put this liquor on to heat. As soon as it comes to a boil, skim, and set back. Put the butter in the frying-pan, and when hot put in the steak. Cook 10 minutes. Take up the steak, and stir the flour into the butter remaining in the pan. Stir until a dark brown. Add the oyster liquor, and boil 1 minute. Season with salt and pepper. Put back the steak, cover the pan, and simmer 30 minutes; then add the oysters and lemon-juice. Boil 1 minute. Serve on a hot dish with points of toast as a garnish.

牛排與蠣房屐窩牛排兩磅、蠣房一拋音脫、酸橘汁一大匙、白塔油三大匙、麵粉一大匙、鹽、胡椒粉、各一些、水一茶杯。〇做法、將蠣房一拋音脫、放入一杯水內調和、把蠣房肉取出、放在別處。將水煮滾、撇去沫、亦放在別處。另用淺盆、將白塔油與牛排同煎十分鐘、取出、放入麵粉炒黃、後將煮滾的水倒上、煮至滾、加上鹽、胡椒粉。再把牛排放入、蓋好、用慢火煮半點鐘。再加蠣房肉、酸橘汁、煮一分鐘、放在熱盆上。四周用拖司切成三角式、做花樣。

Potato Border.

6 potatoes, 3 eggs, 1 tablespoonful of butter, salt and pepper, ½ a cupful of boiling milk. Pare, boil and mash the potatoes. When fine add the butter, boiling milk, salt, pepper and 2 well-beaten eggs. Butter the border mould and pack the potato in it. Let this stand 10 minutes; then turn out on a dish and brush over with 1 well-beaten egg. Brown in the oven. Fill the centre with a curry or fricassee, etc. etc.

山芋做在盆邊上的法則

山芋六隻、雞蛋三個、白塔油一大匙、鹽、胡椒粉、各一些、滾牛乳半杯。○做法、將山芋去皮、煮熟、搗碎、加上白塔油、滾牛乳、鹽、胡椒粉、與打過雞蛋兩個、放在馬口鐵所做的圓長圈內、按堅、放開、約十分鐘。後要倒轉放在盆邊上、將打過雞蛋一個、搨上、入爐內烘至黃、就好。中間可放不拘各樣的肉。

Cheese Soufflé.

2 tablespoonfuls of butter, 1 heaping tablespoonful flour, ½ a cupful of milk, 1 cupful of grated cheese, 3 eggs, ½ a teaspoonful of salt, a speck of cayenne. Put the butter in the sauce-pan, and when hot add the flour, and stir until smooth but not brown. Add the milk and seasoning. Cook 2 minutes; then add the yolks of the eggs, well-beaten, and the cheese. Set away to cool. When cold, add the whites beaten to a stiff froth. Turn into a buttered dish, and bake from 20 to 25 minutes. Serve the moment it comes from the oven. The dish in which it is baked should hold a quart.

欺司瑣弗來

白塔油兩大匙、麵粉一大匙、牛乳半杯、鑞細欺司一杯、雞蛋三個、鹽半小匙、紅胡椒粉一些。○做法、將白塔油入罐內、與麵粉拌和、不要炒黃、如上牛乳、鹽、胡椒粉、煮二分鐘。再加打過的雞蛋黃、放入欺司、調和、待冷。另將打過的雞蛋白調入、烘盆內要稍上白塔油、將各物倒入、烘二十分或念五分鐘。烘好、就要吃、不能久放。做這個、須用烘盆、能容一誇偷的。

Lamb Cutlets with Mushrooms.

Prepare the same as for mutton cutlets, and broil carefully. Have ready 1 tin of mushrooms. To make the sauce: Put 1 tablespoonful of butter in the hot frying-pan, and when it is melted add 1 tablespoonful of flour. When brown add the liquor of the mushrooms and a third as much stock. When this comes to the boiling point add the mushrooms. Boil 1 minute and serve, poured around and over the cutlets.

小羊刻脫勒此與菌做的法則、是與羊肉刻脫勒此一般、烤的時候、要小心、要黃、不可以焦。另用菌一馬口鐵罐、先將白塔油一大匙烘烊、與麵粉一大匙炒黃、先把菌汁加入、再加牛肉湯一些。假如有菌汁三分、則要加牛肉湯一分、一同煮滾、然後再把菌加入、再要煮滾、倒在小羊肉刻脫勒此上、就好。

Fillets of Tongue.

Cut cold boiled tongue in slices ½ inch thick. Trim off the edges. Dip in melted butter and flour. For 8 fillets, put 2 tablespoonfuls of butter in the frying-pan, and when hot put in the tongue. Brown on both sides, being careful not to burn. Take up, and put 1 more spoonful of butter in the pan, and 1 heaping teaspoonful of flour. Stir until dark brown, then add 1 cupful of stock, ½ teaspoonful of parsley and 1 tablespoonful of lemon-juice, or 1 teaspoonful of vinegar. Let this boil up once, and then pour it around the tongue, which has been dished on thin strips of toast. Garnish with parsley, and serve. For a change, 1 tablespoonful of chopped pickles, or of capers, can be stirred into the sauce at the last moment.

牛舌做的肺利麥熟的牛舌切成片、約厚半寸、將四周的邊皮修去、切成好看的樣式。另將白塔油烘烊、把牛舌蘸上油、撒上麵粉、若是有切好的牛舌八塊、則再要用白塔油兩大匙、在煎盆內烘烊、將牛舌放入、煎至兩面發黃、要小心、不可以焦。取出、放在盆上、安內熱處。再將白塔油一大匙、放在煎盆內、與麵粉一滿小匙炒黃、加上牛肉湯一茶杯、切細芫荽半小匙、酸橘汁一大匙、如沒有、則用醋一小匙、一同煮滾。把煮好的牛舌、放在拖司上、一塊牛舌、要用一塊拖司。然後把煮好的各物倒在四周、裝上芫荽、就可以吃。若是要換花樣、則可加切細的酸黃瓜、或開剖罐一大匙、但是要在最後加入。

Escaloped Tongue.

Chop some cold tongue—not too fine, and have for each pint 1 tablespoonful of onion juice, 1 teaspoonful of chopped parsley, 1 heaping teaspoonful of salt, 1 teaspoonful of capers, 1 cupful bread-crumbs, ½ cupful of stock and 3 tablespoonfuls of butter. Butter the escalop dish, and cover the bottom with bread-crumbs. Put the tongue, which

has been mixed with the parsley, salt, pepper and capers, and the stock, in which has been mixed the onion-juice. Put part of the butter on the dish with the remainder of the bread-crumbs, and then bits here and there. Bake 20 minutes, and serve hot.

愛司加拉潑牛舌

煑熟的牛舌切細、不要大細、若是有牛舌一拋音脫、則要用葱汁一大匙、切細芫荽一小匙、鹽一滿小匙、開剖司一小匙、饅頭屑一茶杯、牛肉湯半茶杯、白塔油三大匙。○做法、先將烘盆搨上白塔油、盆底撒上一些饅頭屑、把牛舌、芫荽、鹽、胡椒粉、開剖司、牛肉湯、已經調在牛肉湯內的葱汁、一同調和、倒在盆內、上面要放切小的白塔油數塊、再把餘剩的饅頭屑撒上、面上再放白塔油、入爐內烘二十分鐘、要趁熱吃。

Croquettes.

Care and practice are required for successfully making croquettes. The meat must be chopped fine, all the ingredients be thoroughly mixed, and the whole mixture be as moist as possible without spoiling the shape. Croquettes are formed in pear, round and cylindrical shapes. The last is the best, as the croquettes can be moister in this form than in the other two ways.

To shape.—Take about a tablespoonful of the mixture, and with both hands shape in the form of a cylinder. Handle carefully. Have a board sprinkled lightly with bread or cracker crumbs, and roll the croquettes *gently* on this. Have beaten eggs, slightly salted, in a deep plate. Hold a croquette in the left hand and, with a brush, cover it with egg; then roll in the crumbs again. Place a few at a time in the frying-basket (they should not touch each other), and plunge into boiling fat. Cook till brown. It will take about a minute and a half. Take up, and lay on a brown paper in a warm pan.

煎哭羅開脫的法則

做哭羅開脫、要十分小心、肉要斬得極細、各樣料物要拌得極和、幷且要濕、不可以乾。做哭羅開脫、有三個式樣、一、是生梨的樣式、二、是圓球的樣式、三、是甘蔗段樣式、三樣之中、第三是最容易做。○做法、將幷和的料物、取一大匙、放在手

中搓成、要小心輕輕的做。另用板一塊、鋪上饅頭屑、將搓好的東西、輕輕滾上、再將打過的雞蛋用筆揚上、再滾上饅頭屑、放在紅密的鐵絲籃內煎、要少放些、因爲若是兩個相撞、則煎好了、恐怕不好看。做好後、要放在滾油內汆一分半鐘、待其黃、取出、放在熱處、用紙濾去油。

Royal Croquettes.

3 small, or 2 large, sweetbreads, 1 boiled chicken, 1 large tablespoonful of flour, 1 pint of cream, ½ cupful of butter, 1 tablespoonful of onion-juice, 1 tablespoonful of chopped parsley, 1 teaspoonful of mace, the juice of ½ a lemon, and salt and pepper to taste. Let the sweetbreads stand in boiling water 5 minutes. Chop very fine with the chicken, and add seasoning. Put 2 tablespoonfuls of butter in the stew-pan with the flour. When it bubbles, add the cream, gradually; then add the chopped mixture, and stir until thoroughly heated. Take from the fire, add the lemon-juice, and set away to cool. Roll into shape with cracker crumbs. Dip in 6 beaten eggs and then in cracker-crumbs. Let them stand until dry, when dip again in beaten egg, and finally in bread-crumbs, not too fine. All the crumbs should be first salted and peppered. Fry quickly in boiling fat.

老哀而哭羅開脫

裹子油小的用三個、若是大的用兩個、雞煮熟一隻、麵粉一大匙、奶油一拋音脫、白塔油半杯、葱頭汁一大匙、切細芫荽一大匙、梅以司一小匙、酸橘汁半隻、鹽、胡椒粉、各一些。○做法、把裹子油浸在滾水內五分鐘、取出、與雞肉一同斬細、加上鹽、胡椒粉、葱頭汁、梅以司、芫荽。另將白塔油二大匙在罐內與麵粉拌和、加入奶油、要慢慢做。然後將裹子油與雞肉放入、煮一歇、放開、斟上酸橘汁、待冷、要在手內搓圓、滾上餅乾屑、將六個打過的雞蛋揚上、再滾餅乾屑、待其乾、再揚雞蛋、後滾饅頭屑。此餅乾屑與饅頭屑、不可太細、要粗一些、也要加一些鹽、胡椒粉、則滋味是好。做好後、要放在油內汆、并且要放在滾的油內汆。

Oyster Croquettes.

½ pint of raw oysters, ½ pint of cooked veal, 1 heaping tablespoonful of butter, 3 tablespoonfuls of cracker-crumbs, the yolks of 2 eggs, 1 tablespoonful of onion-juice. Chop the oysters and veal very fine. Soak the crackers in oyster liquor, and then mix all the ingredients, and shape. Dip in egg and roll in cracker-crumbs, and fry as usual. The butter should be softened before the mixing.

蠣房牛拋音脫、烫熟小牛肉半拋音脫、白塔油一滿大匙、餅乾屑三大匙、雞蛋黃兩個、葱頭汁一大匙。○做法、將蠣房的肉與牛肉一同斬細、餅乾屑要浸在蠣房汁內、待其酥軟、與各物一同幷和、搓成或長或圓的樣式、揭上生雞蛋黃、滾上餅乾屑。照以上法則、放在油內汆。白塔油如太硬、要放在罐內燒烊、可以幷和。

蠣房牛拋音脫、烫熟小牛肉半拋音脫、白塔油一滿大匙、餅乾屑三大匙、雞蛋黃兩個、葱頭汁一大匙。○做法、將蠣房的肉與牛肉一同斬細、餅乾屑要浸在蠣房汁內、待其酥軟、與各物一同幷和、搓成或長或圓的樣式、揭上生雞蛋黃、滾上餅乾屑。照以上法則、放在油內汆。白塔油如太硬、要放在罐內燒烊、可以幷和。

Lobster Croquettes.

Chop fine the meat of a 2-lb. lobster; 2 tablespoonfuls of butter, enough water or cream to make very moist, 1 egg, salt and pepper to taste, and ½ a tablespoonful of flour. Cook butter and flour together till they bubble. Add the cream or water (about a scant half cupful), then the lobster and seasoning, and, when hot, the egg well beaten. Set away to cool. Shape, dip in egg and cracker-crumbs, and fry as usual.

龍蝦哭羅開脫斬細龍蝦兩磅、白塔油兩大匙、奶油或水不拘多少、雞蛋一個、鹽、胡椒粉、各一些、麵粉半大匙。○做法、將白塔油烘熱、與麵粉調和、加入奶油或水約小半茶杯、再將龍蝦、鹽、胡椒粉放入、使之熱、然後放入打過的雞蛋、調和、放開、待冷、做成圓的樣式、沾上雞蛋、滾上餅乾屑、照上文的法則汆。

龍蝦哭羅開脫斬細龍蝦兩磅、白塔油兩大匙、奶油或水不拘多少、雞蛋一個、鹽、胡椒粉、各一些、麵粉半大匙。○做法、將白塔油烘熱、與麵粉調和、加入奶油或水約小半茶杯、再將龍蝦、鹽、胡椒粉放入、使之熱、然後放入打過的雞蛋、調和、放開、待冷、做成圓的樣式、沾上雞蛋、滾上餅乾屑、照上文的法則汆。

Salmon Croquettes.

1 lb. of cooked salmon, 1 cupful of cream, 2 tablespoonfuls of butter, 1 of flour, 3 eggs, 1 pint of crumbs, pepper and salt. Chop the salmon fine. Mix the flour and butter together. Let the cream come to a boil, and stir in the flour, butter, salmon and seasoning. Boil for 1 minute, stir into it 1 well-beaten egg, and remove from the fire. When cold, shape, and proceed as for other croquettes.

撒們魚哭羅開脫

煮熟撒們魚一磅、奶油一茶杯、白塔油兩大匙、麵粉一大匙、雞蛋三個、餅乾屑一拋音脫、鹽、胡椒粉、各一些。○做法、魚要斬細、白塔油烘熱後、要與麵粉調和。另將奶油煮滾、放入白塔油、麵粉、再調和、加入魚、鹽、胡椒粉、一同煮、約一分鐘、加上一個打過的雞蛋、放開、待冷。照上文的法則做好、然後放在油內汆。

Rice and Meat Croquettes.

1 cupful of boiled rice, 1 cupful of finely-chopped cooked meat—any kind; 1 teaspoonful of salt, a little pepper, 2 tablespoonfuls of butter, ½ a cupful of milk, 1 egg. Put the milk on to boil, and add the meat, rice and seasoning. When this boils, add the egg, well beaten; stir 1 minute. After cooling, shape, dip in egg and crumbs, and fry as before directed

肉飯哭羅開脫

煮熟的肉、不拘那一樣、斬細。一茶杯、米飯一茶杯、鹽一小匙、胡椒粉一些、白塔油二大匙、牛乳半茶杯、雞蛋一個。○做法、將牛乳煮滾。加入肉、飯、白塔油、鹽、胡椒粉、再煮滾。加上打過的雞蛋、煮一分鐘。煮的時候要常常調動、放開、待冷。照上文的法則、撮上雞蛋、滾上餅乾屑。入油內汆。

Chicken Croquettes.

1 pint of cooked chicken, finely chopped, 1 tablespoonful of salt, ½ a teaspoonful of pepper, 1 cupful of cream or chicken stock, 1 tablespoonful of flour, 4 eggs, 1 teaspoonful of onion-juice, 1 tablespoonful of lemon-juice, 1 pint of crumbs, 3 tablespoonfuls of butter. Put the cream or stock on to boil. Mix the flour and butter together, and stir into the boiling cream, then add the chicken and seasoning. Boil for 1 minute, and add 2 of the eggs, well beaten. Take from the fire immediately, and set away to cool. When cold, shape and fry. Many people think a teaspoonful of chopped parsley an improvement.

雞哭羅開脫

斬細的熟雞肉一拋音脫、鹽一大匙、胡椒粉半小匙、奶油或雞湯一茶杯、麵粉一大匙、雞蛋四個、葱頭汁一小匙、酸橘汁一大匙、餅乾屑一拋音脫、白塔油三大匙。○做法、先將奶油或雞湯煮熱、另將白塔油與麵粉調和、加入。後將雞肉、鹽、胡椒粉、葱頭汁、酸橘汁、一同加入、煮一分鐘、加上兩個打過的雞蛋、一同闊和、放開、待冷。然後搓成各種樣式、照上文的法則汆。如有人喜歡、可以加入切細的芫荽一小匙。

Other Croquettes.

Veal, mutton, lamb, beef and turkey can be prepared in the same manner as chicken. Very dry, tough meat is not suitable for croquettes.

各樣哭羅開脫、牛肉、小牛肉、羊肉、小羊肉、火雞等類、都可以照雞的法則做。但是過放乾而老的、不可以用。

To Clean Sweetbreads.

Carefully pull off all the tough and fibrous skin. Place them in a dish of cold water for 10 minutes or more, and they are then ready to be boiled. They must always be boiled 20 minutes, no matter what the mode of cooking is to be.

收拾裹子油的法則

將裹子油細細剝去外面的老皮、浸在冷水內、至少十分鐘、多浸些亦不妨。後煮二十分鐘、這個二十分鐘、是不可少的、無論以後要做別的法則、是必須的。

Sweetbreads, Larded and Baked.

When the sweetbreads have been cleaned, draw through each one 4 very thin pieces of pork (about the size of a match). Drop them into cold water for 10 minutes, then into hot water, and boil 20 minutes. Take out, spread with butter, dredge with salt, pepper and flour, and bake 20 minutes in a quick oven. Serve with green peas, seasoned with salt and butter, and heaped in the centre of the dish. Lay the sweetbreads around them, and pour a Cream sauce (No. 5) around the edge of the dish. Garnish with parsley. 1 pint of Cream sauce is sufficient for 8 or 10 sweetbreads.

烘裹子油

裹子油收拾以後、用猪油條、如自來火一般粗細的、穿在內、每個裹子油要用四根。後浸在冷水內十分鐘、再浸在滾水內一歇、後煑二十分鐘。取出、沾上白塔油、鹽、胡椒粉、麵粉、入爐內用旺火烘二十分鐘。吃的時候、將小碗用鹽、白塔油、調和、堆在盆中、把裹子油放在小碗的四周、再用第五號汁倒在裹子油的四周、又加芫荽裝花。若是有汁一拋音脫、可以做裹子油八個或十個。

Sweetbread Sauté.

1 sweetbread, after being boiled, split and cut in 4 pieces. Season with salt and pepper. Put in a small frying-pan 1 tablespoonful butter and 1 tablespoonful of flour. When hot put in the sweetbreads; turn constantly till a light brown. They will fry in about 8 minutes. Serve with Cream sauce (No. 5) or Tomato sauce (No. 19).

裹子油掃推

每個裹子油煑熟後、要切四塊、燕上鹽、胡椒粉。用盞盆放入白塔油與麵粉、各一大匙、烘熱、調和、放裹子油在內、煎約八分鐘、至黃、就好。吃的時候、要用五號或十九號的汁、澆在上面。

Sweetbreads in Cases.

Boil the sweetbreads, then cut them in small pieces. Season with salt and pepper and moisten well with Cream sauce (No. 5). Fill the paper cases, and cover with bread-crumbs. Brown and serve.

裹子油烘在匣內

裹子油煑熟後、要切小塊、燕上鹽、胡椒粉、用第五號汁拌和、放在紙做的匣內、面上要撒饅頭屑、烘黃、就可以吃。

DRESSINGS FOR SALADS.

A salad should come to the table fresh and crisp. The garnishes should be of the lightest and freshest kind. A salad with which the Mayonnaise (No. 1) dressing is used should have only the delicate white leaves of the celery, or the small leaves from the heart of the lettuce, and these should be arranged in a wreath at the base, with a few tufts here and there on the salad. In arranging a salad on a dish, or in a bowl, handle it very lightly. Never use pressure to get into form. In washing lettuce great care must be taken not to break or wilt it. The large, darkgreen leaves are not nice for salad. Only the white crisp parts of celery should be used for salads. Vegetable salads can be served for tea and lunch and with, or after, the meats at dinner. The hot cabbage, red cabbage, celery, cucumber and potato salads, are particularly appropriate for serving with meats. The lettuce salad with the French dressing (No. 5) and the dressed celery are the best to serve after the meats. A rich salad, like chicken, lobster or salmon, is out of place at a company dinner. It is best served for suppers and lunches. The success of a salad (after the dressing is made) depends upon keeping the lettuce or celery crisp, and not adding meat or dressing to it until the time for serving.

論撒勒突醬

撒勒突若是要做的好、必須脆而新鮮、上面的花、不可以多做、倘若用第一號醬、則不能用別樣并和、須用生菜的心、或是旱芹的心、放在四周或上面、做一些花、就發了。放在盆上、要輕輕的做、不可壓重、洗淨時亦要小心、防其破碎、又不可乾癟、葉若是大而青、則老、不好用。如用旱芹、必須揀白而脆、如用生菜、必須與別樣菜并和、則可以做點心吃、或是與肉同吃。有幾樣撒勒突與肉同吃、是最好。第一是熱的菜做的、第二是紅色菜做的、第三是旱芹做的、第四是黃瓜做的、第五是山芋做的。再有兩樣、是在吃過了肉以後吃的、第一是生菜和第五號醬、第二是旱芹和第一號醬。還有幾樣撒勒突、就是雞、龍蝦、撒們

魚、請客不能算大宴、祇可作小點。菜若是不新鮮、則醬雖然好、亦是無用、所以菜的新鮮、是算最要緊。醬、肉、菜、都要在吃的時候并合攏來、太早是不好。

Mayonnaise Dressing. No. 1.

1 tablespoonful of mustard, 1 tablespoonful of sugar, $\frac{1}{10}$ of a teaspoonful of cayenne, 1 teaspoonful of salt, the yolks of 3 uncooked eggs, the juice of $\frac{1}{2}$ a lemon, $\frac{1}{4}$ of a cupful of vinegar, 1 pint of oil and 1 cupful of whipped cream. Beat the yolks and dry ingredients, until they are very light and thick, with either a silver or wooden spoon. The bowl in which the dressing is made should be set in a pan of ice-water during the beating. Add a few drops of oil at a time until the dressing becomes very thick, then the oil can be added more rapidly. When it gets so thick that it is difficult to beat, add a little vinegar. When the last of the oil and vinegar has been added it should be *very* thick. Now add the lemon-juice and whipped cream, and place on ice for a while. The cream may be omitted without injury.

第一號撒勒突醬

芥辣粉一大匙、糖一大匙、胡椒粉一小匙中十分之一、鹽一小匙、生雞蛋黃三個、酸橘汁半隻、醋一茶杯中四分之一、生菜油一拋香脫、打過的奶油一杯。○做法、將蛋黃與乾的東西并和、用銀匙或木匙攪和、攪的時候、碗要放在氷水內、待打高後、加一些生菜油、再打。若是打不開、要加一些醋、再打、再加油、再加醋、一直打、待醬打至發厚、加上酸橘汁、奶油、放在氷箱內一歇。如不喜歡奶油、可以不用。

Cream Salad Dressing. No. 2.

2 eggs, 3 tablespoonfuls of vinegar, 1 of cream, 1 teaspoonful of sugar, $\frac{1}{4}$ of a teaspoonful of salt, $\frac{1}{4}$ of a teaspoonful of mustard. Beat the two eggs well. Add the sugar, salt and mustard, then the vinegar, and the cream. Place the bowl in a basin of boiling water, and stir until about the thickness of rich cream. If the bowl is thick and the water boils all the time, it will take about 5 minutes. Cool, and it is ready for use.

第二號撒勒突醬 雞蛋兩個、醋三大匙、奶油一大匙、糖一小匙、鹽一小匙、中四分之一、芥辣粉一小匙中四分之一、○做法、將雞蛋打高、加上糖、鹽、芥辣粉、醋、奶油、一同調和、調的時候、將碗放在滾水內、常常調動、使其成漿、碗若是厚、要放在常滾的水內五分鐘、就可以了、放在別處、待冷、就好用。

Red Mayonnaise Dressing. No. 3.

Lobster "coral" is pounded to a powder, rubbed through a sieve, and mixed with Mayonnaise (No. 1) dressing. This gives a dressing of a bright color. Or, the juice from boiled beets can be used instead of "coral."

第三號撒勒突醬 用龍蝦子研成細粉、篩過、與第一號醬并和、則有紅的顏色、如無有蝦子、可以用熟紅菜頭的汁、則亦成紅色。

Salad Dressing Without Oil. No. 4.

The yolks of 4 uncooked eggs, 1 tablespoonful of salt, 1 heaping teaspoonful of sugar, 1 heaping teaspoonful of mustard, half a cupful of clarified chicken fat, ¼ of a cupful of vinegar, the juice of ½ a lemon, a speck of cayenne. Make as directed for Mayonnaise (No. 1) dressing.

第四號撒勒突醬 生雞蛋黃四個、鹽一大匙、糖一滿小匙、芥辣粉一滿小匙、熟雞油半茶杯、醋一茶杯中四分之一、酸橘汁半隻、胡椒粉一些、○做法、與第一號醬一般。

French Salad Dressing. No. 5.

3 tablespoonfuls of oil, 1 of vinegar, 1 saltspoonful of salt, ½ of a saltspoonful of pepper. Put the salt and pepper in a cup, and add 1 tablespoonful of the oil. When thoroughly mixed, add the remainder of the oil and vinegar. This is dressing enough for a salad for six persons. If you like the flavor of onion add 2 drops of the juice.

第五號撒勒突醬

生菜油三大匙、醋一大匙、鹽一鹽匙、胡椒粉半鹽匙、○做法、將鹽、胡椒粉、放入碗內、加生菜油一大匙、調和、再加生菜油與醋、一直調至厚、可以用。這樣的醬、可以做六個人吃的撒勒突。若是有人喜歡葱頭汁、可以加兩點。

Sardine Dressing. No. 6.

Mix until perfectly smooth the yolks of 4 hard-boiled eggs and 3 sardines which have been freed from bones. Add the mixture to any of the thick dressings. This dressing is for fish.

第六號撒勒突醬

熟雞蛋黃四個、酒定魚三條、剔骨、一同捺碎、攪和、放在不拘那一號醬內。這醬、可以與魚同吃。

SALADS.

Chicken Salad.

Have cold roasted or boiled chicken free of skin, bone and fat. Cut the meat into dice. Place in an earthen bowl (there should be 2 quarts), and season with 4 tablespoonfuls of vinegar, 2 of oil, 1 teaspoonful of salt and ½ of a teaspoonful of pepper. Set away in a cold place for 2 or 3 hours. Scrape and wash enough of the tender white celery to make 1 quart. Cut this into pieces about half-an-inch long. Put these in the ice-chest until serving-time. Make the Mayonnaise (No. 1) dressing. Mix the chicken and celery together, and add half of the dressing. Arrange in a salad-bowl or on a flat dish, and pour the remainder of the dressing over it. Garnish with white celery leaves. Or, have a jelly border and arrange the salad in this. Half celery and half lettuce is often used for chicken salad. If, when the chicken is cooked, it is allowed to cool in the water in which it is boiled, it will be juicier and tenderer than if taken from the water as soon as done.

雞撒勒突

煮熟的雞、或是烘、或是煮、不一定。將雞的油、皮、骨頭、棄去。雞肉切成小方塊、必須要有二誇偷、放在磁盆內、用醋四大匙、生菜油二大匙、鹽一小匙、胡椒粉半小匙、一同調和、倒在雞肉上、放在凉處二三點鐘。另將白嫩的旱芹約一誇偷、洗淨、刮去皮、切成段、約長半寸、放在氷箱內。吃的時候、先要做好第一號醬。將雞與旱芹幷和、倒上醬一同拌和、放在盆內、再將其餘的醬倒上、四周用白的旱芹菜做花。○逐有一法、用及立放在四周、而將撒勒突放在中間。有人喜歡用生菜旱芹各一半、幷和、與雞同吃。雞若是煮熟的、須冷在雞湯裡、則滋味是鮮一些。

Lobster Salad.

Cut up and season the lobster the same as the chicken. Break the leaves from a head of lettuce one by one and wash in cold water. Put them in ice-water for 10 minutes; shake them free from water and place in the ice-chest till serving time. When ready to serve put two or three leaves together in the form of a shell, and arrange these shells on a flat dish. Mix one half of the Mayonnaise (No. 1) dressing with the lobster. Put a tablespoonful of this in each cluster of leaves. Finish with a teaspoonful of the dressing on each spoonful of lobster. This is a handsome dish. Another method is to cut or tear the leaves rather coarse, and mix with the lobster. Garnish the border of the dish with whole leaves. There should be two-thirds lobster and one-third lettuce.

龍蝦撒勒突

龍蝦肉切好、要與雞撒勒突一般做法。將生菜的葉擘下、每葉洗淨乾淨、浸在氷水內十分鐘。取出、洒去水、放在氷箱內、若是要用、可將兩三瓣葉疊成荷花的樣式、中間可放蝦肉。切好的龍蝦肉、要與第一號醬的一半拌和、放在菜葉內。後將餘下的一半醬、倒在每個做好的撒勒突內、這個撒勒突、該多做幾個、至少一人一個。○另有一法、把生菜葉分碎、將龍蝦與第一號醬的一半拌和、後將其餘的醬澆上、四周用未曾分碎的葉放上。做這個法則、三分之二是蝦肉、三分之一是菜葉。

Salmon Salad.

1 quart of cooked salmon, 2 heads of lettuce, 2 tablespoonfuls of lemon-juice, 1 of vinegar, 2 of capers, 1 teaspoonful of salt, $\frac{1}{3}$ of a teaspoonful of pepper, 1 cupful of the Mayonnaise (No. 1) dressing or the French (No. 5) dressing. Break up the salmon, and add to it the salt, pepper, vinegar and lemon-juice. Set away in a cold place for 2 or 3 hours. Break the leaves from the head of lettuce, wash and place in ice-water for 10 minutes. Shake free of water and put in a cold place. At serving-time pick out enough to border the dish. Cut or tear the remainder in pieces, and arrange these in the centre of a flat dish. Heap the salmon on them, and cover with the dressing. Now sprinkle on the capers. If you choose, lay a thin slice of lemon on each leaf.

撒們魚撒勒突

煮熟的撒們魚一誇倫、生菜兩棵、酸橘汁兩大匙、醋一大匙、開剖司兩大匙、鹽一小匙、胡椒粉一小匙內三分之一、第一或第五號醬一茶杯。○做法、將魚分做小塊、用鹽、胡椒粉、醋、酸橘汁、一同調和、放在冷處兩三點鐘。生菜葉每瓣要洗淨、浸在氷水內十分鐘、取出、洒去水、放在氷箱內。吃的時候、要將完全的葉、放在四周、切碎的葉、要放在中間、將調和的魚堆在葉上、澆上醬、撒上開剖司、若是喜歡、可以用酸橘切片、放在四周的生菜葉上、每瓣葉放一片酸橘。

Oyster Salad.

1 pint of celery, 1 quart of oysters, $\frac{1}{3}$ of a cupful of Mayonnaise (No. 1) dressing, 3 tablespoonfuls of vinegar, 1 of oil, $\frac{1}{2}$ a teaspoonful of salt, $\frac{1}{8}$ of a teaspoonful of pepper, 1 tablespoonful of lemon-juice. Let the oysters come to a boil in their own liquor. Skim well and drain. Season them with the oil, salt, pepper, vinegar and lemon-juice. When cold put in the ice-chest for 2 hours. Scrape and wash the white and tender parts of the celery, and with a sharp knife cut in thin slices When in a bowl with a large lump of ice and set in the ice-chest till serving time. When ready to serve, drain the celery, and mix with the oysters and half of the dressing.

Arrange in the dish and pour the remainder of the dressing over. Garnish with white celery leaves.

蠣房撒勒突

蠣房一誇倫、旱芹一拋香脫、去皮與葉、第一號醬一茶杯內三分之一、醋三大匙、生菜油一大匙、鹽半小匙、胡椒粉一小匙內八分之一、酸橘汁一大匙。○做法、將蠣房與汁一同煮滾、濾去汁、用生菜油、鹽、胡椒粉、醋、酸橘汁、一同拌和、放入氷箱內二點鐘。揀白嫩的旱芹、洗淨、刮去皮、切薄片、放在有氷的碗內、一同放在氷箱內。吃的時候、將旱芹倒去水、與蠣房及第一號醬的一半拌和、放在盆上。再將餘下的醬、澆在上面、再將旱芹的白葉、放在四周做花。

Sardine Salad.

Arrange 1 quart of any kind of cooked fish on a bed of crisp lettuce. Split 6 sardines, and if there are any bones remove them. Cover the fish with the Sardine dressing (No. 6). Over this put the sardines, having the ends meet in the centre of the dish. At the base of the dish make a wreath of thin slices of lemon. Garnish with parsley or lettuce, and serve immediately.

洒定魚撒勒突 不論那一樣煮 熟的魚一誇偷、 先將生菜放在 盆內、熟魚放在 上面、再將第六 號醬澆上。後將 洒定魚六條對 劈、剔去骨頭、頭 向外、尾向內、蓋 在上面。四周用 芫荽或生菜做 花、再用酸橘切 簿片、亦放在四 周。

Salads of Fish.

All kinds of cooked fish can be served in salads. Lettuce is the best green salad to use with them, but all green vegetables, when cooked and cold, can be added to the fish and dressing. The Sardine (No. 6) and French dressing (No. 5) are the best to use with fish.

魚撒勒突 不論那一樣 煮熟的魚、都 可以做撒勒 突。大概用生 菜拌和吃、如 有人喜歡用 別樣、亦可以。 不過別樣菜、 須要煮熟、待 冷、纔可以吃。 吃的時候、要 用第五號、或 第六號醬一 同吃。

Beef Salad.

1 quart of cold roasted or stewed beef—it must be very tender, double the rule for French (No. 5) dressing, 1 tablespoonful of chopped parsley, and 1 of onion-juice, to be mixed with the dressing. Cut the meat in *thin* slices, and then into little squares. Place a layer in the salad-bowl, sprinkle with parsley and dressing, and continue this until all the meat is used. Garnish with parsley, and keep in a cold place for 1 or 2 hours. Any kind of meat can be used instead of beef.

牛肉撒勒突 冷的熟牛肉一誇偷、要 最嫩的、第五號醬要兩 倍、斬細芫荽一大匙、葱 頭汁一大匙、這兩樣要 與第五號醬幷和。○做 法、將牛肉先切簿片、後 切小方塊、用撒勒突的 盆、先將牛肉排勻在盆 上一層、上加芫荽與醬。 再一層肉、再一層醬、做 完爲止。末層要用完全 的芫荽做花、放在冷處 一兩點鐘。不拘別樣肉、 都可以照這個法則做。

Meat and Potato Salad.

Prepare the meat as directed for beef salad, using, however, ½ the quantity. Add 1 pint of cold boiled potatoes, cut in thin slices, and dressing. Garnish and set away as before. These salads can be used as soon as made, but the flavor is much improved by their standing an hour or more.

肉與山芋撒勒突
預備肉的法則、是
與牛肉撒勒突一
般、不過牛肉用一
誇偷、肉祇用一拋
音脫、冷的熟山芋
一拋音脫。○做法、
與上文一般、就是
一層肉、一層山芋、
一層醬、做完爲止。
上面加芫荽做花、
這個撒勒突、做好
後就吃、是可以。不
過在冷處多放一
歇、則滋味是好些。

Tomato Salad.

Pare ripe tomatoes (which should be very cold) and cut in thin slices. Arrange on a flat dish. Put 1 teaspoonful of Mayonnaise (No. 1) dressing in the centre of each slice. Place a delicate border of parsley around the dish, and a sprig here and there between the slices of tomato.

番柿撒勒突
極熟番柿用滾水泡去皮、切片、使其冷、放在盆上。每片番柿上、放第一號醬一小匙、四周用芫荽做花。每片番柿的空處、亦要做芫荽。

Cucumber Salad.

Cut about 1 inch off the point of the cucumber, and pare. (The bitter juice is in the point, and if this is not cut off before paring, the knife carries the flavor all through the cucumber.) Cut in thin slices cover with cold water, and let stand 30 minutes. Drain, and season with French (No. 5) dressing. If oil is not liked it can be omitted.

黃瓜撒勒突
黃瓜要在收花處先切去一寸、後削去皮、因爲收花處有苦汁在內、若是用刀在那裡一直削下、則苦汁必隨刀而下、全瓜都是苦了。皮削好後、要切片、極薄、浸在冷水內半點鐘。倒去水、放在盆上、澆上第五號醬、就可以吃。如有人不喜歡生菜油、可以不用。

Hot Cabbage Salad.

1 quart of finely-shaved cabbage, 2 tablespoonfuls of bacon or pork fat, 2 large slices of onion, minced *very fine*; 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, ½ a cupful of vinegar, 1 teaspoonful of sugar. Fry the onion in the fat until it becomes yellow; then add the other ingredients. Pour the hot mixture on the cabbage. Stir well, and serve at once. Lettuce can be served in the same manner.

熱菜撒勒突

切細捲心菜一誇、偷鹹肉油兩大匙、大葱頭兩片、要切細、鹽一小匙、胡椒粉一小匙中四分之一、醋半茶杯、糖一小匙。○做法、將葱頭入油內煎黃、後將別物一同加上、煮熱、倒在切細的捲心菜上、調和、趁熱吃。如有人喜歡生菜、亦可以照這個法則做。

Red Vegetable Salad.

1 pint of cold boiled potatoes, 1 pint of cold boiled beets, 1 pint of uncooked red cabbage, 6 tablespoonfuls of oil, 8 of red vinegar (that in which beets have been pickled), 2 teaspoonfuls of salt, ½ a teaspoonful of pepper. Cut the potatoes in *thin* slices and the beets fine, and slice the cabbage as thin as possible. Mix all the ingredients. Let stand in a cold place 1 hour; then serve. Red cabbage and celery can be used together. Use the French (No. 5) dressing.

紅菜撒勒突

冷的熟山芋一拋音脫、熟的紅菜頭一拋音脫、生紅菜一拋音脫、生菜油六大匙、紅醋八大匙、鹽兩小匙、胡椒粉半小匙。○做法、山芋切薄片、紅菜頭切細、紅菜亦要切細、一同并和、放在冷處一點鐘、用第五號醬澆上、如有人喜歡旱芹、可以加入。（頭浸過的是用紅菜）

Potato Salad.

10 cooked potatoes, cut in slices; the French (No. 5) dressing, with 4 or 5 drops of onion-juice in it, and 1 tablespoonful of chopped parsley.

山芋撒勒突

熟山芋十隻、切片、用第五號醬倒上、大若喜歡、可以加葱頭汁四點或五點、芫荽切細一大匙。

Dressed Celery.

Scrape and wash the celery. Let it stand in ice-water 20 minutes, and shake dry. Cut in pieces about 1 inch long. Put in the ice-chest until serving-time, then moisten well with Mayonnaise (No. 1) dressing. Arrange in the salad-bowl or on a flat dish. Garnish with a border of white celery leaves or water-cresses.

旱芹撒勒突

旱芹洗淨後、刮去外皮、浸在氷水內二十分鐘、取出、洒去水、切成段、約一寸長、放在氷箱內。吃的時候、要澆上第一號醬、調和、放在盌上。四周用白的旱芹菜、或水菜做花。

Lettuce Salad.

2 small, or 1 large head of lettuce. Break off the leaves, wash each separately, and throw into a pan of ice-water, where they should remain 1 hour. Shake off all the water. Either cut or tear the leaves in large pieces. Mix the French (No. 5) dressing with them Beets, cauliflower, asparagus, etc. can each be served as a salad, with the French (No. 5) dressing.

生菜撒勒突

大的生菜一棵、或是小的兩棵、每葉要洗淨、浸在氷水內一點鐘、取出、洒去水、切成大塊、倒上第五號醬拌和、就好。另有紅菜頭、花菜、龍鬚菜等、都可以照這個法則做成撒勒突、倒上第五號醬拌和、就好。

MEAT AND FISH SAUCES.

Brown Sauce. No. 1.

1 lb. of round of beef, 1 lb. of veal cut from the lower part of the leg; 8 tablespoonfuls of butter, 1 onion, 1 large slice of carrot, 4 cloves, a small piece of mace, 5 tablespoonfuls of flour, salt and pepper to taste, 4 quarts of stock. Cut the meat in small pieces. Heat 3 spoonfuls of butter in a large stew-pan. Put in the meat, and cook 30 minutes, stirring frequently. Add the vegetables, spices, a bouquet of sweet herbs and 1 quart of the stock. Simmer 2 hours, and add the rest of the stock. Half-a-dozen mushrooms will improve the flavor greatly. Put the remainder of the butter in a frying-pan, and, when hot, add the flour. Stir until a dark brown, and, as soon as it begins to boil, add to the sauce. Simmer 1 hour longer. Season with salt and pepper, and strain through a fine sieve. Skim off the fat and the sauce is ready to use. This will keep a week in winter. It is the foundation for all fine dark sauces, and will well repay for the trouble and expense of making.

論魚與肉的汁

第一號汁字西語稱司

牛腿肉一磅、小牛腿肉一磅、白塔油八大匙、葱頭一個、胡蘿蔔一大片、丁香四粒、梅以司一些、麵粉五大匙、鹽、胡椒粉各一些、牛肉湯四誇偷。○做法、肉要切小塊、先將白塔油三大匙、入鑿盆內煮熱、後放肉在內煎半點鐘、時時調動。再將葱頭、胡蘿蔔、香料等類加入、香草亦要加一些、牛肉湯一誇偷、一同煮兩點鐘。再加牛肉湯三誇偷、若是加香菌六隻、則滋味更爲透鮮。另用鑊放白塔油烘烊、放入麵粉、炒至深黃、調入湯內、用慢火煮一點鐘、加上鹽、胡椒粉、瀝去渣滓、撇去油花、就好。這樣的汁、做好後、在冷天可以放一個禮拜。做這個汁、料物雖然多、價錢也是貴、而且難做的很、然而滋味是最好、請客人亦覺得體面些。這個汁、是算黑色汁的根本。

White Sauce. No. 2.

1 quart of milk, 4 tablespoonfuls of butter, 4 of flour, a small slice of onion, 2 sprigs of parsley, salt and pepper to taste. Put the milk, onion and parsley on to boil. Mix the butter and flour together until smooth. When the milk boils, stir 4 tablespoonfuls of it into the butter and flour, and, when this is well mixed, stir it into the boiling milk. Cook 8 minutes. Strain and serve. This sauce is best with fish.

第二號汁 白汁 桶司

牛乳一誇偷、白塔油四大匙、麵粉四大匙、葱頭一小片、芫荽兩撚、鹽、胡椒粉、各一些。○做法、牛乳、葱頭、芫荽、要與麵粉拌和、待一同煮滾。白塔油要與麵粉拌和、待牛乳煮滾後、昏出四大匙、調在白塔油麵粉內、放入湯內、煮八分鐘、濾過、就好。這樣的汁、與魚同吃、是算最好。

Bechamel Sauce. No. 3.

1 pint of white sauce, 1 pint of cream, salt and pepper. Let the sauce and cream come to a boil separately. Mix them together, and boil up once. Strain and serve.

第三號汁 第二號汁 一拋音脫、奶油一拋音脫、鹽、胡椒粉、各一些。○做法、汁與奶油、要放在兩起煮滾、然後并和、再煮滾、濾過就好。 學校每日桶司

Cream Bechamel Sauce. No. 4.

3 tablespoonfuls of butter, 3 of flour, 10 pepper-corns, a small piece of mace, ½ an onion, 1 large slice of carrot, 2 cupfuls of white stock, 1 of cream, salt, a little nutmeg, 2 sprigs of parsley, 1 of thyme, 1 of bay-leaf. Tie the parsley, bay-leaf and thyme together. Mix the butter and flour to a smooth paste. Put all the ingredients, except the cream, in a stew-pan, and simmer 30 minutes, stirring frequently; add the cream, and boil up once. Strain and serve.

第四號汁 每日桶司 學校 通用

白塔油麵粉各三大匙、胡椒十粒、梅以司一些、葱頭半個、胡蘿蔔一大片、白湯兩茶杯、奶油一茶杯、鹽一些、玉果一些、芫荽兩瓣、茴芹、月桂、各一瓣。○做法、芫荽、茴芹、月桂、要紮好。白塔油麵粉、要調成漿、與其餘各物、除去奶油、一同煮半點鐘、時時調動。後加入奶油、煮滾、濾過、就好。

Cream Sauce. No. 5.

1 pint of cream, 1 generous tablespoonful of flour, and salt and pepper to taste. Let the cream come to a boil. Have the flour mixed smooth with half a cupful of cold cream, reserved from the pint, and stir it into the boiling cream. Add seasoning, and boil 3 minutes. This sauce is good for delicate meats, fish and vegetables.

第五號汁 楊司澗連姆

奶油一拋音脫、麵粉一滿大匙、鹽、胡椒粉、各一些。○做法、奶油、要煮滾、不過要先舀出半杯、與麵粉調和、要放在熱奶油內、加上鹽、胡椒粉、煮三分鐘。這樣的汁、要配在細巧的魚或肉或菜內、方爲合用。

Supreme Sauce. No. 6.

Add to 1 pint of white sauce (No. 2) 3 finely-chopped mushrooms, the juice of ½ a lemon and 1 tablespoonful of butter. Simmer all together 10 minutes. Rub through a coarse sieve and serve.

第六號汁 楊司薩連

第二號汁一拋音脫、香菌三隻、斬細、酸橘汁半隻、白塔油一大匙。○做法、各樣料物要并和、煮十分鐘、用粗篩濾、有濾不過的小粒、要用力捻過去、就好。

Flemish Sauce. No. 7.

Cut a cupful of the red part of a carrot into *very small* dice. Cover with boiling water, and simmer 1 hour. Put 3 tablespoonfuls of butter, 2 of flour, a slice of carrot, an onion cut fine, a little mace and 20 peppercorns in a sauce-pan. Stir over the fire 1 minute, and add 2 cupfuls of stock. Simmer gently 30 minutes. Add a cupful of cream, boil up once and strain. Now add the cooked carrot, 1 tablespoonful of chopped parsley, 2 of chopped cucumber pickles and, if you like, 1 of grated horseradish. Taste to see if salt enough.

第七號汁 弗來篤盧楊司

紅一些的胡蘿蔔切小方塊一茶杯、加滾水蓋沒、用慢火煮一點鐘。另將小罐、放入白塔油三大匙、麵粉兩大匙、胡蘿蔔、葱頭、各一片、切細梅以司一些、胡椒二十粒、再用慢火同煮一歇、加牛肉湯兩茶杯、再煮半點鐘、要放入奶油一茶杯、煮至滾、濾過、再加煮過的胡蘿蔔與切細的芫荽一大匙、切細的酸黃瓜二大匙。若是喜歡、可以加鉋細的辣根一大匙、如淡、要加鹽、就好。

Chestnut Sauce. No. 8.

1 pint of shelled chestnuts, 1 quart of stock, 1 teaspoonful of lemon-juice, 1 tablespoonful of flour, 2 of butter, salt and pepper. Boil the chestnuts in water for about 3 minutes; then plunge them into cold water, and rub off the dark skins. Put them on to cook with the stock, and boil gently until they will mash readily (about 1 hour). Mash as fine as possible. Put the butter and flour in a sauce-pan and cook until brown. Stir in to the sauce, and cook 2 minutes. Add seasoning, and rub all through a sieve. This sauce is for roast turkey.

第八號汁栗子 栗子 切

栗子去殼一拋音脫、牛肉湯一誇偷、酸橘汁一小匙、麵粉一大匙、白塔油兩大匙、鹽、胡椒粉、各一些。○做法、將栗子放在滾水內、煮三分鐘、取出、浸在冷水內、則剝皮容易、放在牛肉湯內、用慢火煮約一點鐘、取出、捺細。另將麵粉與白塔油炒黃、與捺細的栗子一同加入湯內、煮二分鐘、再加鹽、胡椒粉、酸橘汁、用粗篩濾過、就好。這樣的汁、可以與烘的火雞同吃。

Celery Sauce. No. 9.

Cut the tender parts of a head of celery *very fine*. Pour on water enough to cover them, and no more. Cover the sauce-pan, and set where it will simmer 1 hour. Mix together 2 tablespoonfuls of flour and 4 of butter. When the celery has been boiling 1 hour, add to it the butter and flour, 1 pint of milk or cream, salt and pepper. Boil up once, and serve.

第九號汁 旱芹 旱芹 切

旱芹一棵、揀嫩的取出、切細、用冷水蓋沒、將蓋蓋好、用慢火煮一點鐘。另將麵粉兩大匙、白塔油四大匙、拌和、待旱芹煮至一點鐘後、可以放入。加上牛乳或奶油一拋音脫、鹽、胡椒粉、一些。煮至滾、就好。

Brown Mushroom Sauce. No. 10.

1 can of French mushrooms, 2 cupfuls of stocks, 2 tablespoonfuls of flour, 4 of butter, salt and pepper. Melt the butter. Add the flour, and stir until very dark brown; then gradually add the stock. When this boils up, add the liquor from the mushrooms. Season, and simmer 20 minutes. Skim off any fat that may rise to the top. Add the mushrooms, and simmer 5 minutes longer. Too much cooking toughens the mushrooms. This sauce is to be served with any kind of roasted, broiled or braised meats. It is especially nice with beef.

第十號汁香菌橘司

法蘭西香菌一馬口鐵匣、牛肉湯兩茶杯、麵粉兩大匙、白塔油四大匙、鹽、胡椒粉、各一些。○做法、將白塔油烘烊、與麵粉炒黃、慢慢的把牛肉湯倒上、煮至滾、加入菌汁、再加鹽、胡椒粉、用慢火煮二十分鐘。如有油花、要撇去、加入香菌、再用慢火煮五分鐘、若煮的長久、則香菌要老。這樣的汁、要與烘、或是烤、或是孛來琴的東西同吃。若是與牛肉同吃、是最好。

Beurre Noir. No. 11.

2 tablespoonfuls of butter, 1 of vinegar, 1 of chopped parsley, 1 teaspoonful of lemon-juice, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper. Put the butter in the frying-pan, and when hot add the parsley and then the other ingredients. Boil up once. This sauce is for fried and broiled fish, and it is poured over the fish before sending to the table.

第十一號汁

皮而拿橘司

白塔油兩大匙、醋一大匙、切細芫荽一大匙、酸橘汁一小匙、鹽半小匙、胡椒粉一小匙中四分之一。○做法、將白塔油烘烊、放入芫荽、煎好、再將各物放入、煮滾、就好。這樣的汁、要與煎或是烤的魚同吃。吃的法則、要將汁澆在魚上。

Maître d'Hôtel Butter. No. 12.

4 tablespoonfuls of butter, 1 of vinegar, 1 of lemon-juice, ½ a teaspoonful of salt, ¼ of a teaspoonful of pepper, 1 teaspoonful of chopped parsley. Beat the butter to a cream, and gradually beat in the seasoning. This sauce is spread on fried and broiled meats and fish. It is particularly nice for fish and beef-steak.

第十二號汁

檸檬度撻而白塔橘司

白塔油四大匙、醋一大匙、酸橘汁二大匙、鹽半小匙、胡椒粉一小匙中四分之一、切細芫荽一小匙。○做法、將白塔油打高、加上各物、再打高、就好。這樣的汁、要攙在煎或是烤的肉與魚上吃。若是與魚或牛肉排一同吃、是算最好。

Hollandaise Sauce. No. 13.

½ a teacupful of butter, the juice of half a lemon, the yolks of 2 eggs, a speck of cayenne, ½ a cupful of boiling water, ½ a teaspoonful of salt. Beat the butter to a cream; then add the yolks, one by one, the lemon-juice, pepper and salt. Place the bowl in which these are mixed in a sauce-pan of boiling water. Beat about 1 minute, till the sauce begins to thicken, and add the boiling water, beating all the time. When like a soft custard it is done. The bowl, if thin, must be kept over the fire only about 5 minutes, provided the water boils all the time. The sauce should be poured around the meat or fish when it is on the dish.

第十三號汁 好倫頭搭司

白塔油半茶杯、酸橘汁半隻、雞蛋黃兩個、紅胡椒粉一些、滾水半茶杯、鹽半小匙。○做法、將白塔油放在碗內、打高、打的時候、碗要浸在熱水內、將蛋黃一個一個加入、打好後、加上酸橘汁、胡椒粉、鹽、再打一歇、差不多如普一般的厚、就加入滾水、若是熱水常滾、碗是薄、煮五分鐘就熟了。煮的時候、常要調動、這樣的汁、要澆在肉或魚的四周。

Lobster Sauce. No. 14.

1 small lobster, 4 tablespoonfuls of butter, 2 of flour, ½ of a teaspoonful of cayenne, 2 tablespoonfuls of lemon-juice, 1 pint of boiling water. Cut the meat into dice. Pound the coral with 1 tablespoonful of the butter. Rub the flour and the remainder of the butter to a smooth paste. Add the water, pounded coral, and the seasoning. Simmer 5 minutes, and then strain on the lobster. Boil up once, and serve. This sauce is for all kinds of boiled fish.

第十四號汁 龍蝦搭司

小一些的龍蝦一隻、白塔油四大匙、麵粉兩大匙、紅胡椒粉一小匙中五分之一、酸橘汁兩大匙、滾水一拋音脫。○做法、將蝦肉切方塊、蝦子舂碎、與白塔油一大匙調和、餘下的白塔油、要與麵粉拌和、加入滾水、調和的蝦子、酸橘汁、胡椒粉、用慢火煮五分鐘、濾過、放入蝦肉、煮滾、就好。這樣的汁、要與各樣煮的魚同吃。

Butter Sauce. No. 15.

2 tablespoonfuls of flour, ½ a cupful of butter and 1 pint of boiling water. Work the flour and butter together until light and creamy, and gradually add the boiling water. Stir constantly until it comes to a boil. Take from the fire and serve. A tablespoonful of lemon-juice and a speck of cayenne may be added if you choose.

第十五號　白塔油掃司汁　麵粉兩大匙、白塔油半茶杯、滾水一拋音脫。○做法、麵粉與白塔油調成漿、加滾水煮滾。煮的時候、要常常調動。若是喜歡、可以加酸橘汁一大匙、胡椒粉一些。

Egg Sauce. No. 16.

6 hard-boiled eggs, chopped fine; half a cupful of boiling cream or milk, and the butter sauce. Make the sauce, add the boiling cream or milk, and then the eggs. Stir well, and serve.

第十六號　雞蛋掃司汁　煮熟雞蛋六個、斬細、滾奶油或牛乳半茶杯、第十五號汁。○做法、將十五號汁做好、加入奶油或牛乳、與斬細的雞蛋一同調和、就好。

Curry Sauce. No. 17.

1 tablespoonful of butter, 1 of flour, 1 teaspoonful of curry powder. 1 large slice of onion, 1 large cupful of stock, salt and pepper to taste. Cut the onion fine, and fry brown in the butter. Add the flour and curry powder. Stir for 1 minute, add the stock, and season with the salt and pepper. Simmer 5 minutes; then strain and serve. This sauce can be served with broiled meats or fish.

第十七號　嘎喇掃司汁　白塔油一大匙、麵粉一大匙、嘎喇粉一小匙、大葱頭一片、牛肉湯一大茶杯、鹽、胡椒粉、各一些。○做法、把葱頭切細、放在白塔油內煎黃、加入麵粉、嘎喇粉、一同調和、然後加牛肉湯、鹽、胡椒粉、用慢火煮五分鐘、濾過、就好。這樣的汁、要與烤魚或烤肉一同吃。

Piquant Sauce. No. 18.

2 cupfuls of Brown (No. 1) Sauce, 1 of *consommé* (common stock will do), 4 tablespoonfuls of vinegar, 2 of chopped onion, 2 of chopped capers, 2 of chopped cucumber pickles, ¼ of a teaspoonful of cayenne, 1 teaspoonful of sugar, salt to taste. Cook the onion and vinegar in a sauce-pan 3 minutes; then add the sauce, *consommé*, sugar, salt and pepper. Boil rapidly for 5 minutes, stirring all the while. Add the capers and pickles, and boil 3 minutes longer.

第十八號汁 必見橘司

第一號汁兩茶杯、康沙梅湯或大概的牛肉湯一茶杯、醋四大匙、切細葱頭、切細開剖司、切細酸黃瓜、各兩大匙、紅辣椒粉一小匙中四分之一、糖一小匙、鹽一些。○做法、將葱頭與醋先煮三分鐘、加入第一號汁、康沙梅湯、糖、鹽、辣椒粉、用旺火煮五分鐘、時時調動。加入開剖司、酸黃瓜、待煮滾後三分鐘、就好。

Tomato Sauce. No. 19.

1 quart of canned tomatoes, 2 tablespoonfuls of butter, 2 of flour, 8 cloves and a small slice of onion. Cook the tomato, onion and cloves 10 minutes. Heat the butter in a small frying-pan, and add the flour. Stir over the fire until smooth and brown, and then stir into the tomatoes. Cook 2 minutes. Season to taste with salt and pepper, and rub through a strainer fine enough to keep back the seeds. This sauce is nice for fish, meat and macaroni.

第十九號汁 番柿橘司

瓶內番柿一誇偷、白塔油兩大匙、麵粉兩大匙、丁香八粒、葱頭一小片。○做法、將番柿、葱頭、丁香、一同煮十分鐘。另將白塔油、麵粉、放在別罐內炒黃、加在番柿內、嘗其味、如淡、要加鹽、胡椒粉、用粗篩濾過、若有硬的、要用力擠過去。這樣的汁、要與魚、肉、通心粉、同吃。

Tartare Sauce. No. 20.

The yolks of 2 uncooked eggs, ½ a cupful of oil, 3 tablespoonfuls of vinegar, 1 of mustard, 1 teaspoonful of sugar, ¼ of a teaspoonful of pepper, 1 teaspoonful of salt, 1 of onion-juice, 1 tablespoonful of chopped capers, 1 of chopped cucumber pickles. Beat the yolks and dry ingredients until they are light and thick. The bowl in which the dressing is made should be set in a pan of ice-water during the beating. Add a few drops of oil at a time till the dressing becomes very thick. After it has reached this stage the oil can be added more rapidly. When it gets so hard as to be difficult to beat, add a little vinegar. Add the chopped ingredients the last thing. This sauce can be used with fried and broiled meats and fish, and with meats served in jelly.

第二十號汁 太倫情司

生雞蛋黃兩個、生菜油半茶杯、醋三大匙、芥辣粉一大匙、糖一小匙、胡椒粉一小匙中四分之一、鹽一小匙、葱頭汁一小匙、切細酸黃瓜一大匙。○做法、先將蛋黃與各樣乾的料物打高、打的時候、將碗放在氷水內、慢慢的把菜油加入、加的時候、要常常調動。再把醋慢慢的加入、再加開剖司、酸黃瓜、葱頭汁、就好。這樣的汁、要與煎或烤的魚與肉同吃。如有凍肉、也可以一同吃。

Port Wine Sauce for Game. No. 21.

½ a tumbler of currant jelly, ½ a tumbler of port wine, ½ a tumbler of stock, ½ a teaspoonful of salt, 2 tablespoonfuls of lemon-juice, 4 cloves, a speck of cayenne. Simmer the cloves and stock together for 30 minutes. Strain on the other ingredients and let all melt together. Part of the gravy from the game may be added to it.

第二十一號汁 巴得溫情司

加白脫及立半玻璃杯、巴得溫與牛肉湯、各半玻璃杯、鹽半小匙、要加酸橘汁兩大匙、丁香四粒、芥辣粉一些。○做法、丁香與牛肉湯要煮半點鐘、用篩濾過、放入別樣料物、一同調和、就好。這樣的汁、要與野味一同吃。若是有野味烘下的汁加入、則更好一些。

Bread Sauce for Game. No. 22.

2 cupfuls of milk, 1 of dried bread-crumbs, ¼ of an onion, 2 tablespoonfuls of butter, and salt and pepper. Dry the bread in the oven, and roll into rather coarse crumbs. Sift, and put the fine crumbs which come through, and which make about ⅓ of a cupful, on to boil with the milk and onion. Boil 10 or 15 minutes, and add 1 tablespoonful of butter and the seasoning. Skim out the onion. Fry the coarse crumbs a light brown in the remaining butter, which must be very hot before they are put in. Cover the breasts of the roasted birds with these, and serve the sauce poured around the birds, or in a gravy dish.

第二十二號汁 饅頭揩司

牛乳兩茶杯、乾饅頭屑一茶杯、葱頭一個中四分之一、白塔油兩大匙、鹽、胡椒粉、各一些。○做法、將饅頭入爐內烘乾、舂細、用篩篩過、將篩細的饅頭屑一茶杯內三分之一、與牛乳、葱頭、一同煮約十分或一刻鐘、加入白塔油一大匙、鹽、胡椒粉、調和、將葱頭取出、棄去。另將白塔油一大匙、烘烊、放入粗饅頭屑三分之二、炒至黃、撒在野味的上面。做好的汁、要倒在野味的四周。

Champagne Sauce. No. 23.

Mix thoroughly 1 tablespoonful of butter with 1 of flour. Set the sauce-pan on the fire, and stir constantly until the mixture is dark brown; then pour into it ½ pint of boiling gravy. Pour in this gravy slowly, and stir slowly and continually. Let it boil up once, season well with salt and pepper, and strain. Add ½ cupful of champagne, and serve.

第二十三號汁 香餅揩司

白塔油、麵粉、各一大匙、拌和、炒黃、加入烘肉的汁五大匙、煮熟、一些一些的加入、調和煮滾。放入鹽、胡椒粉一些、濾去渣滓。將香餅酒半茶杯倒上、就好。

FORCE-MEAT AND GARNISHES.

Force-Meat for Game.

1 lb. of clear uncooked veal, ¼ lb. of fat pork, 1 lb. of boiled ham, 1 quart of milk, 1 pint of bread-crumbs, ½ a cupful of butter, 3 tablespoonfuls of onion-juice, 1 tablespoonful of salt, ½ a teaspoonful of pepper, 6 mushrooms, the yolks of 4 eggs, a speck each of clove, cinnamon, mace and nutmeg. Chop the veal, pork, ham and mushrooms *very fine*, and with a pestle, pound to a powder. Cook the bread and milk together, stirring often, until the former is soft and smooth. Set away to cool, first adding the butter and seasoning to it. When cold, add to the powdered meat. Mix thoroughly, and rub through a sieve. Add the volks of the eggs. This force-meat is used for borders in which to serve hot entrée of game. It is also used for game pies. When it is used for a border it is put into a well buttered mould and steamed 3 hours. It is then turned out on a flat dish and the hot entrée placed in the centre.

論做肉粉與裝花的法則

肉粉與野味

生瘦小牛肉一磅、肥猪肉四兩、熟火腿一磅、牛乳一誇侖、饅頭屑一拋音脫、白塔油半茶杯、葱頭汁三大匙、鹽一大匙、胡椒粉半小匙、香蘭六隻、雞蛋黃四個、丁香粉、桂皮粉、梅以司粉、玉果粉、各一些。○做法、小牛肉、猪肉、香蘭、火腿、一同斬細、用木槌舂成粉。另將饅頭屑與牛乳煑爛、煑的時候、常常調動、後將白塔油、鹽、胡椒粉、及各種香粉加入、放開、待冷。又將舂細肉粉放入、調和、用粗篩濾、有濾不過的、要硬揉過去、然後加上蛋黃、再調和。這個肉粉、是做放在四周的、中間要放野味、或是野味的派愛。肉粉若是要放在四周、應用馬口鐵做的圈、揩上白塔油、放肉粉在內、揉堅、蒸三點鐘、倒在盆上、中間放上野味、就好。

Ham Force-Meat.

2 lbs. of cooked ham, chopped, and then pounded very fine; 1 lb. of bread-crumbs, 1 pint of milk, the yolks of 4 eggs, 1 tablespoonful of mixed mustard, 1 teaspoonful of salt, a speck of cayenne, 1 cupful of Brown (No. 1) Sauce. Make as directed for force-meat for game.

火腿肉粉

煮熟的火腿肉兩磅、要斬細後舂成粉、饅頭屑一磅、牛乳一拋音脫、雞蛋黃四個、芥辣粉調成漿一大匙、揀鹽一小匙、揀椒粉一些、第一號汁一滿茶杯。○做的法則、與上文一般。

Veal Force-Meat.

3 lbs. of veal, 1 cupful of butter, 1 pint of bread-crumbs, 1 pint of milk, 1 pint of White (No. 2) Sauce, 2 tablespoonfuls of salt, ½ a teaspoonful of pepper, 2 tablespoonfuls of Halford sauce, 2 of onion-juice, the yolks of 6 eggs, ½ a teaspoonful of grated nutmeg, 2 tablespoonfuls of chopped parsley. Make and use the same as game force-meat.

小牛肉粉

小牛肉三磅、白塔油一茶杯、饅頭屑一拋音脫、牛乳一拋音脫、第二號汁一拋音脫、鹽兩大匙、胡椒粉半小匙、哈兒福特揀司兩大匙、葱頭汁兩大匙、雞蛋黃六個、飽好玉菓半小匙、切細芫荽兩大匙。○其做法與用法、與上文野味肉粉一般。

Chicken Force-Meat.

Use only the breast of the chicken. Make the same as veal force-meat, using cream, however, with the bread-crumbs instead of milk. This force-meat is for the most delicate entrées only. Either the chicken or veal can be made into balls the size of a walnut and fried for soups.

雞肉粉

祇用雞胸前的白肉。○做法與上文一般、不過小牛肉要用牛乳、雞是要用奶油、這個肉粉、是算最上等、所以要與上品的肉同吃。小牛肉粉與雞肉粉、亦可以做圓子、如桂圓一般大、入油內煎好、放在湯內吃。

Fish Force-Meat.

This can be made the same as veal force-meat. Salmon and halibut will be found the best kinds of fish to use for it. The force-meat is for entrées of fish.

魚肉粉

做法與小牛肉一般、最好用撒門魚、或是白鱘魚。這個肉粉、是要與魚同吃、

Uses of Force-Meat.

Force-meat is sometimes formed in a square or oval piece for the centre of the dish. It should be about 1½ inch thick. Place it on a buttered sheet or plate and steam 2 hours. When cooked, slip on to the centre of the dish. Arrange the entrée on this, and pour the sauce around the base. Delicate cutlets, sweetbreads, etc. can be used here. Veal or chicken force-meat is the best for all light entrées.

大概肉粉的用法

肉粉可以做各種的樣式、或是長、圓、方、厚約酌一寸半、先將鐵片、或盆子、搽上白塔油、將肉粉放在上面、入鍋內蒸兩點鐘、然後慢慢的卸在吃的盆上、將不拘那一樣的肉、蓋在上面、四周澆上汁或醬、若是有嫩或好的克脫來此、或裡子油、都可以放在上面、不過用克脫來此或裹子油的時候、必須要用小牛肉或雞肉做的粉、是相配一些。

Jelly Border.

Make 1 quart of aspic jelly. Set the plain border mould in a pan with a little ice-water. Pour enough of the liquid jelly in the mould to make a layer ½ an inch deep. Let this get hard. When hard, decorate with cooked carrot and beet, and the white of a hard-boiled egg. These must all be cut in pretty shapes and arranged on the jelly. Very carefully add 2 tablespoonfuls of jelly, and let it harden. Fill with the remainder of the jelly, and set away to harden. At serving-time put the mould for half-a-minute in a pan of warm water. Wipe it, and turn the jelly on a cold flat dish. Fill the centre with salad or anything else you choose.

凍做的圈

牛肉凍做一誇偷、西名司伴克鴨將做圈的器皿要放在冰水內。把牛肉凍倒入、約酌厚半寸、待其冷而硬、用熟胡蘿蔔、紅菜頭、雞蛋白、刻成花朵、放在上面。再倒上凍兩大匙、待其硬、後將餘下的、一共倒上、凍硬、就好。倒出的時候、先要在溫水內浸一歇、則倒出是容易些、倒出的時候、先要將器皿揩抹乾淨、倒放在盆上。盆中要放撒勒突、或別樣冷的東西、一同吃。

Marinade for Fish.

1 quart of cider, 2 slices of carrot, 1 large onion, 4 cloves, a bouquet of sweet herbs, 2 tablespoonfuls of butter, 2 of salt, ½ a teaspoonful of pepper and the same quantity of mustard. Cook the onion and carrot in the butter for 10 minutes, and add the other ingredients. Cover the sauce-pan, and simmer 1½ hour. It should be strained on the fish, and that should simmer 40 minutes.

魚埋兒奈脫

蘋菓酒一誇偷、胡蘿蔔兩片、大葱頭一個、丁香四粒、各樣香草一紮、白塔油兩大匙、鹽兩大匙、胡椒粉半小匙。○做法、先將葱頭、胡蘿蔔、白塔油、一同煎十分鐘、後將各物加入、蓋好、用慢火煮一點半鐘、濾過、倒在生的魚上、一共煮四十分鐘、就好。

Cold Marinade.

A bouquet of sweet herbs, the juice of half-a-lemon, 2 tablespoonfuls of oil, 6 of vinegar, 1 of onion-juice, a speak of cayenne, 1 teaspoonful of salt, ¼ of a teaspoonful of pepper, $\frac{1}{16}$ of a teaspoonful of ground clove. Mix all together. Sprinkle on the meat or fish, which should stand 10 or 12 hours. This is particularly for fish, chops, steaks and cutlets which are to be fried or broiled. Any of the flavorings that are not liked may be omitted. When cooked meats or fish are sprinkled with salt, pepper and vinegar, as for salads, they are said to be marinated.

冷的埋兒奈脫

香草各樣一紮、酸橘汁半隻、生菜油二大匙、醋六大匙、葱頭汁一大匙、紅胡椒粉一些、鹽一小匙、胡椒粉一小匙中四分之一、丁香粉一小匙中十分之一。○做法、將各物一同調和、倒在生魚或肉上、放開十點鐘、或十二點鐘。這樣的做法、大概是倒在魚、羊排、牛排、刻脫來此上、十點鐘或十二點鐘、後來或是煎、或是烤、各物當中、如有一樣不喜歡的、則可隨意除去、倘然有熟肉、熟魚、祇用鹽、胡椒粉、醋、撒上、像撒勒突的做法、亦可以叫做埋兒奈脫。

To Get Onion-juice.

Peel the onion, and grate on a large grater, using a good deal of pressure.

取葱頭汁的法則

將葱頭剝去皮、用粗飽飽一次、就有一點汁出來、飽的時候、是要用力、方肯出來。

To Fry Parsley.

Wash the parsley and wipe dry. Put in the frying-basket and plunge into boiling fat for half-a-minute.

煎芫荽的法則 先將芫荽洗淨抹乾。放在煎的鐵絲籃中、入滾油內半汆分鐘、就好。

Points of Lemon.

Cut fresh lemons in thin slices, and divide these slices into four parts. They are used as a garnish for salads and made dishes.

酸橘裝花的法則 新鮮酸橘切成薄片、每片分做四塊。這個做法。是放在的四周、撒勒突或是小盆內的四周。

To Make a Bouquet of Sweet Herbs.

Tie together 2 sprigs of parsley, 2 bay-*leaves*, 2 sprigs of thyme, 2 of summer savory, and 2 *leaves* of sage. (All the herbs except the parsley are dry.) The bouquet is for soups, stews, game, and meat jellies.

紮香草的法則 芫荽兩莖、月桂兩瓣、茴芹兩莖、蘇兩瓣、一同紮好、內中除去芫荽是新鮮的、其餘都是乾的。這個是放在湯內、或是各樣烹的東西內的。再有煮野味或是做肉凍、亦可以放在內。

VEGETABLES.

All green vegetables must be washed thoroughly in cold water and dropped into water which has been salted and is just beginning to boil. There should be a tablespoonful of salt for every 2 quarts of water. If the water boils a long time before the vegetables are put in, the vegetables will not look green, nor have a fine flavour. The younger and more freshly gathered, the more quickly they are cooked.

煮蔬菜的法則　各樣新鮮的蔬菜、先要用冷水洗淨、後放在初滾的水內煮、若是有水二誇偷、要用鹽一大匙、菜若是放在久滾的水內煮、則顏色不青、滋味亦不佳。若是嫩菜、煮的工夫要少、老菜、煮的工夫要多。這個以下、是要請煮蔬菜工夫的多少。

Time Table for Cooking Vegetables.

Potatoes, boiled	30 minutes.
„ baked	45 „
Sweet Potatoes, boiled	15 „
„ „ baked	1 hour.
Squash, boiled	25 minutes.
„ baked	45 „
Green Peas, boiled	20 to 40 „
Shell Beans „	1 hour.
Yams (small) „	15 minutes.
„ „ baked	20 „
„ (large) boiled	30 to 60 „
„ „ baked	30 to 60 „
String Beans, boiled	1 to 2 hours.
Green Corn	20 to 30 minutes.
Asparagus	15 to 30 „
Spinach	1 to 2 hours.
Tomatoes, fresh	1 hour.
„ canned	30 minutes.
Cabbage	45 minutes to 2 hours.
Cauliflower	1 to 2 „

Dandelions	... 2 to 3 hours.
Beet Greens	... 1 hour.
Beets	... 1 to 3 hours.
Onions	... 1 to 2 „
Turnips, white	45 minutes to 1 hour.
Parsnips	... 1 to 2 hours.
Carrots	... 1 to 2 „

夫工的菜蔬煮

鐘點半至刻一	菜雞龍國外	分十三	芋山煮
鐘點二至點一	菜菠	分五十四	芋山烘
鐘點一	柿番鮮新	分五十四	芋山國中煮
分十三	柿番內餅	鐘點一	芋山國中烘
鐘點二至刻三	菜心捲	分五十二	瓜冬煮
鐘點二至點一	菜花	分五十四	瓜冬烘
鐘點三至點二	草前車	分十四至十二	豌小煮
鐘點一	葉的頭菜紅	鐘點一	豆的吃殼去
鐘點三至點一	頭菜紅	鐘刻一	芳芋煮
鐘點二至點一	頭葱	分十二	乃芋烘
鐘點一至刻三	蔔蘿白	鐘點一至點半	頭芋煮
鐘點二至點一	蔔蘿菜芹	鐘點一至點半	頭芋烘
鐘點二至點一	蔔蘿胡	鐘點二至點一	豆紅
		分十三至分十二	米珠珍

Nearly all these vegetables are eaten dressed with salt, pepper, and butter, but sometimes a small piece of lean pork is boiled with them, and seasons them sufficiently.

各樣蔬菜、都要在吃的時候、煮上鹽、胡椒粉、白塔油。有人喜歡在煮的時候、加上一些瘦猪肉、則吃的時候、鹽、胡椒粉、白塔油、都可以不用。

Boiled Potatoes.

12 medium-sized potatoes, 1 tablespoonful of salt, boiling water to cover. Pare the potatoes, and if old, let them stand in cold water an hour or two, to freshen them. Boil 15 minutes; then add the salt, and boil 15 minutes longer. Pour off *every drop* of water. Take the cover from the sauce-pan and shake the potatoes in a current of cold air (either

at the door or window). Place the sauce-pan on the back part of the stove, and cover with a clean coarse towel until serving-time. The sooner the potatoes are served, the better. This rule will ensure perfectly nice and mealy potatoes, if they were good and ripe at first.

煮山芋

不大不小的山芋十二隻、鹽一大匙。○做法、山芋要去皮、若是老山芋、要浸在水內一兩點鐘、則滋味好吃些。用滾水蓋過山芋、煮一刻鐘、加上鹽、再煮一刻鐘、將水倒去、不要留一點。然後揭去鍋蓋、至有風處搖風、吹去其濕氣、後用粗布蓋在鍋上、切不可用鍋蓋、放在爐的後面煖處。煮熟山芋就吃、是算最好、若是要慢慢的吃、必須要照所講的法則做。如有好的山芋、照這樣的做法、必定乾鬆好吃。

Mashed Potatoes.

12 potatoes, 1½ tablespoonful of salt, 1 of butter, ½ a cupful of boiling milk. Pare and boil as directed for boiled potatoes, and mash fine and light. Add the salt and butter. Beat well; then add the milk and beat all the time. This will give a light and delicate dish of potatoes. The potatoes must be perfectly smooth before adding the other ingredients.

搾碎山芋的法則

不大不小的山芋十二隻、鹽一大匙半、白塔油一大匙、滾牛乳半茶杯。○做法、山芋去皮、煮的法則、要照上文一般、搾細、加上鹽、白塔油、打高。再加牛乳、再打、這樣的做法、山芋是鬆而好吃。加鹽白塔油的時候、要小心、山芋必須搾得細、若是有塊、就不可以了。

Purée of Potatoes.

Prepare the potatoes as directed for mashed potatoes, except use a generous cupful of milk and half-a-teaspoonful of pepper. If the purée is to serve as a foundation for dry meats, like grouse, veal or turkey, use a cupful of rich stock instead of the milk. This preparation spread on a hot platter, with any kind of cold meat or fish that has been warmed in a little sauce or gravy, heaped in the centre of it, makes a delightful dish for lunch or dinner.

山芋勞爾孚來

預備山芋的法則、都與上文捺細的法則一般、不過上文說的、是用牛乳半茶杯、這個是用牛乳一茶杯、胡椒粉半小匙、這樣的做法、若是與火雞、小牛肉、雉鳩、一同吃、則不用牛乳、要用牛肉湯一茶杯、因爲這樣的肉、是乾也。山芋做好後、要攤在盆上、把魚或肉堆在上面、肉、是要已經煮過的、要放在湯裡熱過、然後可以堆在上面。這個做法、大概在吃中飯的時候用、人若是喜歡、則在大餐的時候、亦可以用。

Potato Puffs.

Prepare the potatoes as directed for mashed potato. While *hot*, shape in balls about the size of an egg. Have a tin sheet well buttered and place the balls on it. Brush over with beaten egg and brown in the oven. When done, slip a knife under them and slide them upon a hot platter. Garnish with parsley and serve immediately.

山芋圓

預備山芋的法則、亦與上文捺細的一般、要在熱的時候、搓成圓圓、如雞蛋大。先用鐵板、攤上白塔油、將山芋圓放在上面、用打過的雞蛋攤上、入爐內烘黃後、將小刀揀在熱盆內、裝上芫荽做花、就可以吃。

Potato à la Royale.

1 pint of hot boiled potatoes, a generous ¼-cupful of cream or milk, 2 tablespoonfuls of butter, the whites of 4 eggs and the yolk of 1, salt and pepper to taste. Beat the potato very fine and light. Add the seasoning, milk and butter, and lastly the whites of the eggs, beaten stiff. Turn into a buttered dish. Smooth with a knife and brush over with the yolk of the egg, which has been well beaten. Brown quickly and serve. It will take 10 minutes to brown. The dish in which it is baked should hold a little more than 1 quart.

山芋挨拉老哀而的。

熱的熱山芋一拋音脫牛乳或奶油大半茶杯、白塔油兩大匙、雞蛋白四個、雞蛋黃一個、鹽、胡椒粉各一些。○做法、將山芋捺細、與牛乳或奶油一同打高、加上鹽、胡椒粉、白塔油、再加打高的雞蛋白、調和。要用烘盆攤上白塔油、將山芋倒在內、面上要用刀刮平、攤上打過的雞蛋黃、入爐內烘十分鐘至黃、就好。烘盆要用可以放一誇倫多

Thin Fried Potatoes.

Pare and cut raw potatoes *very thin*. Put them in cold water and let them stand in a cold place from 10 to 24 hours. Drain them well. Put about 1 pint in the frying-basket, plunge into boiling lard, and cook about 10 minutes. After the first minute set back where the heat will decrease. Drain and dredge with salt. Remember the fat must be hot at first, and when it has regained its heat after the potatoes have been added, must be set back where it will not cook fast. If the cooking is too rapid they will become brown before they are crisp.

生煎山芋片

生山芋去皮切薄片、浸在冷水內、放在冷處、少則十點鐘、多則二十四點鐘。倒去水、洗淨乾淨、用鐵絲做成的煎籃、將山芋放在籃內、入油內汆十分鐘。起初的一分鐘、要用滾油、後要放在後面冷一些的地方、若常放在滾油內、則黃的太快、不能鬆脆了。煎好後、蘸上鹽、就可以吃。煎的工夫、一時可以煎一拋音脫。

French Fried Potatoes.

Pare small uncooked potatoes. Divide them in halves, and each half in 3 pieces. Put in the frying-basket and cook in boiling fat 10 minutes. Drain and dredge with salt. Serve hot with chops or beefsteak. 2 dozen pieces can be fried at one time.

法蘭西煎山芋

小一些的山芋一隻、分做兩塊、每一塊要切三塊、放在鐵絲籃中、入滾油內汆十分鐘。取出、濾去油、蘸上鹽、就可以吃。要趁熱吃、可以與牛排或羊排一同吃。煎的工夫、一時可以煎二十四塊。

Potatoes, à la Parisienne.

Pare large uncooked potatoes. Cut little balls out of these with the vegetable scoop. Six balls can be cut from one large potato. Drop them in ice-water. When all are prepared, drain them, and put in the frying-basket. Put about 3 dozen balls in the basket at one time. Fry carefully the same as thin fried potatoes. Cook 10 minutes. Drain. Dredge with salt, and serve very hot. These are nice to serve with a fillet of beef, beefsteak, chops or game. They may be arranged on the dish with the meats or served in a separate dish.

山芋挨拉巴梨尋

揀大的生山芋去皮、用做圓球的傢伙挖出。每隻大山芋、可以做球六個。浸在氷水內一歇、挖一個、浸一個。煎的工夫、一時可以煎三十六個。煎的時候、要小心、與薄片山芋一般的煎法、煎至十分鐘、要取出、撒上鹽、就可以吃。這個是要與肺利肉、或牛排、羊排、野味、一同吃。人若是喜歡、可以用一隻盆子、將肉放在中間、山芋放在四周。或用兩隻盆子、兩起放、都可以。

Broiled Potatoes.

Cut cold boiled potatoes in slices ½ of an inch thick. Dip them in melted butter and bread-crumbs. Place in a double broiler and broil over a fire that is not too hot. Garnish with parsley and serve on a hot dish. Or, season with salt and pepper, toast till a light brown, arrange on a hot dish, and season with butter.

烤山芋

冷的熟山芋切片、約厚一寸中三分之一。燕上烘烊的白塔油、撒上饅頭屑、放在鐵絲做成烤的器皿內烤、火不可太旺。吃的時候、要放在熱盆內、四周鋪上芫荽做花就好。另有一法、先燕鹽、胡椒粉、烤黃、放在熱盆上、加上白塔油、就可以吃。

Lyonnaise Potatoes.

1 quart of cold boiled potatoes, cut in dice; 3 tablespoonfuls of butter, 1 of chopped parsley, 1 of chopped onion. Season the potatoes with salt and pepper. Fry the onion in the butter, and when they turn yellow, add the potatoes. Stir with a fork, being careful not to break them. When hot add the parsley and cook 2 minutes longer. Serve immediately on a hot dish.

山芋里屋內斯

冷的熟山芋一誇倫、切成小方塊、白塔油三大匙、葱頭切細一大匙、芫荽切細一大匙、鹽、胡椒粉、各一些。

○做法、先將山芋燕上鹽、胡椒粉。後將葱頭入油內煎至一些黃、加上山芋、再煎、用叉撥動、要小心、不可碾碎。至山芋煎熱、要加芫荽、煎二分鐘。然後放在熱盆上、就可以吃。

Potatoes, à la Maître d'Hôtel.

1 quart of cold boiled potatoes, cut into dice; 1 scant pint of milk, 1 tablespoonful of chopped parsley, 3 of butter, 1 teaspoonful of lemon-juice, salt and pepper, the yolks of 2 eggs, 1 teaspoonful of flour. Mix the butter, flour, lemon-juice, parsley and yolks of eggs together. Season the potatoes with salt and pepper. Add the milk, and cook 5 minutes: then add the other ingredients and cook 5 minutes longer. Stir often.

山芋挨拉每屈度推而冷的熟山芋一誇偷、切成小方塊、牛乳一拋音脫、芫荽切細一大匙、白塔油三大匙、酸橘汁一小匙、鹽、胡椒粉、各一些、雞蛋黃兩個、麵粉一小匙。○做法、白塔油、麵粉、酸橘汁、蛋黃、芫荽、一同幷和。山芋上要蘇鹽、胡椒粉、加入牛奶、煮五分鐘。再將幷和的各物加入、再煮五分鐘、就好。煮的時候、必須要常常調動。

Stewed Potatoes.

1 quart of boiled potatoes cut into dice; 1½ pint of milk, 1 tablespoonful of parsley, 1 of flour, 2 of butter, salt and pepper. Dredge the potatoes with salt, pepper and flour. Add the parsley, butter and milk. Cover and boil 12 minutes. Serve very hot.

燴山芋　熟的山芋一誇偷、切小方塊、牛乳十二兩、芫荽一大匙、麵粉一大匙、白塔油兩大匙、鹽、胡椒粉、各一些。○做法、山芋要蘇上鹽、胡椒粉、麵粉、加上芫荽、白塔油、牛乳、放在罐內蓋好、煮十二分鐘、待其滾、釜熟吃。

Creamed Potatoes.

1 quart of cold boiled potatoes cut in very *thin* slices; 1 pint of Cream (No. 5) Sauce, salt and pepper. Season the potatoes with salt and pepper, and turn them into the sauce. Cover the stew-pan, and cook until the potatoes are hot—no longer. Serve immediately in a hot dish.

第五號汁煮山芋　冷的熟山芋、一誇偷、要切薄片、第五號汁一拋音脫、鹽、胡椒粉、各一些。○做法、山芋要蘇上鹽、胡椒粉。放在罐內蓋好、與第五號汁一同煮滾、倒在熱盆上、就吃。

Sweet Potatoes, Boiled and Baked.

Sweet potatoes require about 45 minutes to boil and 1 hour to bake. The time given will make the potatoes moist and sweet. If, however, they are preferred dry and mealy, 15 minutes less will be enough.

煮中國山芋 中國山芋煮至熟要四十五分鐘。若是烘、要用一點鐘。照這樣的做法、山芋是濕而甜。若是喜歡乾鬆、則減少十五分鐘、就最了。

Fried Sweet Potatoes.

Prepare and fry the same as the white potatoes. Or, they can first be boiled 30 minutes, and then pared, cut and fried as directed. The latter is the better way, as they are liable to be a little hard if fried when raw.

煎中國山芋 預備與煎的法則、都與外國山芋一般、這個是第一法。再有第二法、先煮半點鐘、去皮、切薄片、煎黃、就可以吃。第二法比第一法是好一些、因爲生煎的裡面有一些硬、熟煎的裡外是一般的。

Plain Boiled Macaroni.

2 quarts of boiling water, 1 tablespoonful of salt and 12 sticks of macaroni. Break and wash the macaroni, throw it into the salt and water, and boil rapidly for 25 minutes. Pour off the water, season with salt, pepper and butter, and serve.

煮通心粉的法則 滾水兩誇偷、鹽一大匙、通心粉十二根。○做法、將通心粉潤斷、洗淨乾淨、放在有一大匙鹽的滾水內、煮二十五分鐘、倒去水、盛上塔油、就可以吃。鹽、胡椒粉、白

Macaroni with Cream Sauce.

Boil the macaroni as directed for the plain boiled dish. Drain, and serve with half a pint of Cream (No. 5) Sauce.

通心粉和第五號汁 通心粉的煮法、與上文一般、倒去水、要用第五號汁半、拋音脫、澆在上面、一同吃、要熱吃。

Macaroni with Tomato Sauce.

Boil and drain as directed for plain boiled macaroni. Pour over it one pint of Tomato (No. 19) Sauce.

通心粉和第十九號汁一般。要用上文一份做法與做法。倒去水。煮熟後。通心粉放在烘的盆內。撒音脫拋在上面。就可以吃。

Macaroni with Cheese.

Prepare the macaroni with the cream sauce. Turn into a buttered dish. Have ½ a cupful of grated cheese and ½ a cupful of bread-crumbs mixed. Sprinkle over the macaroni, and place in the oven and brown. It will take about 20 minutes.

通心粉和歐司做的法則。要照上文通心粉與第五號汁一般。放在烘的盆內。先要搨上白塔油。將鉋細的歐司半茶杯。與餵頭屑半茶杯并和。撒在通心粉上面。入爐內烘約二十分鐘。至黃。就可以吃。

Macaroni, à l'Italienne.

12 sticks of macaroni (¼ lb.) ½ pint of milk, 2 tablespoonfuls of cream, 2 of butter, 1 of flour, some salt, white pepper and cayenne, and ¼ lb. of cheese. Break and wash the macaroni, and boil rapidly for 20 minutes in two quarts of water. Boil the milk. Mix the butter and flour together and stir into the boiling milk. Add the seasoning, cream and cheese. Drain, and dish the macaroni. Pour the sauce over it, and serve immediately. If the sauce and macaroni are allowed to stand long after they are put together the dish will be spoiled. If they cannot be served immediately, keep both hot in separate dishes. One tablespoonful of mustard can be stirred into the sauce if you like.

通心粉挨拉意大利恒

通心粉十二根。就是四兩牛乳半拋音脫。奶油兩大匙。白塔油兩大匙。麵粉一大匙。鹽一些。白胡椒紅辣椒各一些。歐司四兩。○做法。將通心粉灣斷。洗淨。浸在兩誇偷水內。用快火煮二十分鐘。另將牛乳煮滾。把白塔油。與麵粉調和。放入。加上鹽。胡椒。辣椒。奶油。歐司。再將通心粉倒去水。放在盆上。剮上做成的各物。就可以吃。這個做好了。要就吃。若是不就吃。則通心粉要與各物兩起放。如一起放。就不好吃了。人若是喜歡。可以加芥辣粉一大匙同吃。

Escaloped Tomatoes.

1 pint of fresh or canned tomatoes, 1 pint of bread-crumbs, 3 tablespoonfuls of butter, 1 of sugar, 1 scant tablespoonful of salt, ½ of a teaspoonful of pepper. Put a layer of the tomatoes in a dish. Dredge with salt and pepper, and dot butter here and there. Now put in a layer of crumbs. Continue this until all the ingredients are used, having crumbs and butter for the last layer. If fresh tomatoes have been used bake 1 hour, if canned bake 30 minutes.

愛司加拉濃番柿

新鮮或瓶內的番柿一拋音脫、饅頭屑一拋音脫、白塔油三大匙、糖一大匙、鹽一淺大匙、胡椒粉一小匙中四分之一。○做法、烘盆內要先鋪一層番柿、撒上鹽、胡椒粉。後將白塔油切小塊、放在上面、加上一層饅頭屑。如是一層番柿、一層饅頭屑、層層相間、末層必要用白塔油與饅頭屑、入爐內烘。若是新鮮的、要烘一點鐘、瓶內的、烘半點鐘就夠了。

Broiled Tomatoes.

Cut the tomatoes in halves. Sprinkle the inside of the slices with *fine* bread-crumbs, salt and pepper. Place them in the double broiler, and broil over the fire for 10 minutes, having the outside next the fire. Carefully slip them on a hot dish, and put bits of butter here and there on each slice. Put the dish in the oven 10 minutes and then serve.

烤番柿

每隻番柿要切兩半、裡面要點、鹽、胡椒粉、饅頭屑、放在烤的器皿內、烤十分鐘。烤的時候、皮要向火一面、烤好後、小心卸在盆上、有皮的要放在下面、每塊上要放一些白塔油、入爐內烘十分鐘。等白塔油烊過、就可以吃。

Fried Tomatoes.

Slice ripe tomatoes and dip them in well-beaten eggs, which have been seasoned with salt, pepper and sugar (1 teaspoonful of sugar to each egg), and then in fine bread or cracker crumbs. Have 2 tablespoonfuls of butter in a frying-pan and, when hot, put in as many slices of tomatoes as will cover the bottom. Fry for 10 minutes, 5 for each side. Serve on thin slices of toast.

煎番柿　揀熟的番柿切片、用打過的雞蛋攪上、每個雞蛋內、要加糖一小匙、撒上鹽、胡椒粉、加上饅頭屑。另用煎盆、放入白塔油兩大匙、烘烊、將番柿平放在盆內、切不可堆起、煎五分鐘、要翻過一面、再煎五分鐘。吃的時候、要放在拖司上、一塊拖司、要放一片番柿。

To Peel Tomatoes.

Plunge the tomatoes into boiling water for about 3 minutes. Drain and peel.

剝番柿皮的法　則將番柿放入滾水內、浸三分鐘、即倒去水、則容易剝皮。

Baked Onions.

Peel large onions, and boil 1 hour in plenty of water slightly salted. Butter a dish and arrange the onions in it. Sprinkle with salt and pepper, put a teaspoonful of butter in the centre of each onion, and cover slightly with crumbs. Bake slowly 1 hour. Serve with Cream (No. 5) Sauce.

烘葱頭　揀大一些的葱頭、剝去外面一層皮、煮一點鐘、煮的水內、要放鹽一些。另用烘盆、撮上白塔油、將葱頭在水中取出、排在盆內、撒上鹽、胡椒粉。每個葱頭的中間、要放白塔油一小匙、上面再要撒一些饅頭屑、入爐內烘一點鐘。吃的時候、要澆上第五號汁。

Stuffed Onions.

Peel large onions and boil 1 hour in plenty of water slightly salted. Cut out the heart of the onions, and fill the space with any kind of cold meat, chopped fine, and highly seasoned. To each pint of meat add 1 egg and $\frac{2}{3}$ of a cupful of milk or cream. When the onions are filled put a bit of butter on each one. Cover with crumbs, and bake 1 hour. Serve with Cream (No. 5) Sauce.

瀉肉葱頭　揀大一些的葱頭、放在鹽水內、煮一點鐘、取出、拔去葱心。另將斬細的熟肉、撒上鹽、胡椒粉、若是有肉一拋音脫、則要用雞蛋一個、牛乳或奶油、一茶杯內三分之二、一同調和、放在葱頭的心內、上面放白塔油一小塊、每個葱頭做法都要一般。加上饅頭屑、入爐內烘一點鐘。吃的時候、要與第五號汁一同吃。

Fried Parsnips.

Scrape the parsnips, and boil gently 45 minutes. When cold, cut in long slices about ⅓ inch thick. Season with salt and pepper. Dip in melted butter and in flour. Have 2 tablespoonfuls of butter in the frying-pan, and, as soon as hot, put in enough parsnips to cover the bottom. Fry brown on both sides, and serve on a hot dish.

煎白蘿蔔

將蘿蔔的皮刮去、用慢火煮三刻鐘、取出、待冷、切長片、約酌厚一寸半三分之一、蘸上鹽、胡椒粉、撮上烘烊的白塔油、滾上麵粉。另用煎盆、揚上白塔油約酌兩大匙、烘熱、把蘿蔔放入、煎至黃、再翻過一面、再煎。吃的時候、要小小放在熱盆上。

Asparagus with Cream.

Have the asparagus washed and tied in bundles. Plunge into boiling water in which there is 1 teaspoonful of salt to every quart of water. Boil rapidly for 15 minutes. Take up, and cut off the tender heads. Put them in a saucepan with 1 cupful of milk or cream to every quart of asparagus. Simmer 10 minutes. Mix 1 tablespoonful of butter and 1 teaspoonful of flour together, and stir in with the asparagus. Add salt and pepper to taste, and simmer 5 minutes longer.

龍鬚菜與奶油

龍鬚菜洗淨以後、要紮好、浸在有鹽的滾水內、假如有水一誇偷、則要用鹽一小匙、煮一刻鐘、取出、將嫩頭切下、放入罐內。若是有菜一誇偷、則要用奶油或牛乳一茶杯、一同煮十分鐘。另將白塔油一大匙、與麵粉一小匙、調和、放入菜內、加上鹽、胡椒粉、煮五分鐘、就可以吃。

Green Peas, à la Française.

Boil green peas until tender, and drain. For every quart, put into the sauce-pan 2 tablespoonfuls of butter, 1 of flour, and ½ a teaspoonful of sugar. Stir until all are thoroughly mixed. Add the peas, and stir over the fire for 5 minutes. Add 1 cupful of white stock or cream, and simmer 10 minutes. The canned peas may be prepared in the same way.

小豌挨拉法蘭西

小豌煑熟後、要將煑的水倒去。假如有小豌一誇偷、則要用白塔油兩大匙、麵粉一大匙、糖半小匙、此三樣要一同調和、然後加入小豌、煑五分鐘。再加白湯或奶油一茶杯、再煑十分鐘。若沒有新鮮的、則買瓶中的、亦可以用。

Minced Cabbage.

Drain boiled cabbage in a colander, and chop fine. For each quart of the chopped cabbage, put 2 tablespoonfuls of butter and 1 of flour in the frying-pan. As soon as smooth and hot, put in the cabbage, which season with salt and pepper, and, if you like it, 2 tablespoonfuls of vinegar. Stir constantly for 8 minutes. When done heap on a dish. Make smooth with a knife, and garnish with hard-boiled eggs.

切細的捲心菜

菜煑熟後、要倒去水、濾乾、切細。假如有切細的菜一誇偷、則要用白塔油兩大匙、麵粉一大匙、一同調和、煎熟、然後把菜加入、再加鹽、胡椒粉。若是喜歡、可以加醋兩大匙、在八分鐘內、要時時調動。做好後、可以堆在盆上、用刀刮平、用煑熟雞蛋切片做花。

Minced Spinach.

Boil the spinach in salted water till tender. Drain, and chop fine. Season well with pepper and salt. For each quart of chopped spinach put 2 tablespoonfuls of butter and 1 of flour in a frying-pan. When this has cooked smooth, and before it has become browned, add the spinach. Stir for 5 minutes; then add ½ cupful of cream or milk, and stir 3 minutes longer. Arrange in a mound on a hot dish. Garnish with a wreath of hard-boiled eggs at the base, and finish the top with another wreath. Serve hot. Lettuce can be cooked in the same manner. It must be boiled about 20 minutes to be tender.

切細的菠菜

菠菜先要在鹽水內煑熟、倒去水、濾乾、切細、撒上鹽、胡椒粉一些。假如有菜一誇偷、則要用白塔油兩大匙、麵粉一大匙、放在別的器內煎熟、小心不要黃、然後把菠菜放入、再煎五分鐘、加上奶油或牛乳半茶杯、煑三分鐘、堆在熱盆上。用煑熟雞蛋切片、放在四周與頂上。吃的時候、要熱吃。若是喜歡生菜、亦可以照這個法則做、不過要煑至熟、須用二十分鐘。

To make Spinach Green.

Wash a peck of spinach. Pour on it 2 quarts of boiling water. Let it stand 1 minute. Pour off the water, and pound to a soft pulp. Put this in a coarse towel and squeeze all the juice into a small frying-pan. (Two people, by using the towel at the same time, will extract the juice more thoroughly than one can.) Put the pan on the fire, and stir until the juice is in the form of curd and whey. Turn this on a sieve, and when all the liquor is drained off, scrape the dry material from the sieve, and put away for use. Another mode is to put with the juice in the frying-pan 3 tablespoonfuls of sugar. Let this cook 5 minutes; then bottle for use. This is really the more convenient way. Spinach green is used for coloring soups, sauces and creams.

菠菜做顏色

菠菜四斤倫、用水洗淨、將滾水二斤倫、澆在上面、泡一分鐘、倒去水、搗爛、放在布內、用力攪緊、使其汁流在罐內、棄去渣、放在爐上炙之、則見汁分開、一半如豆腐、有綠的顏水、一半如豆腐、有綠的顏色、倒在篩內、漏去水、取上面乾的、放在餅內、隨時好用。另有一法、將攪出的汁、放入糖三大匙、煮五分鐘、收在餅內、好用。這個做法、是要使湯或汁、或點心、顏色變做綠。

Cauliflower with Cream Sauce.

Take off the green leaves and the stalk of the cauliflower. Wash, and put on to cook in boiling water. Boil gently for 30 minutes. Turn off the water, and add 1 pint of milk, 1 pint of boiling water and 1 tablespoonful of salt. Simmer 30 minutes longer. Take up with a skimmer, being careful not to break it. Pour over this a cream sauce, and serve.

花菜和鮮玉蜀汁

花菜的梗與葉、不可用、不過要用花。洗淨後、放在滾水內煮半點鐘、倒去水、加入牛乳一拋音脫、滾水一拋音脫、鹽一大匙、慢火煮半點鐘。取出的時候、要小心、不可以碎。吃的時候、用第五號汁澆在上面。

Escaloped Cauliflower.

Cook the cauliflower 1 hour in salted water. Drain and break apart. Put a layer of the cauliflower in a buttered dish, moisten it with Bechamel (No. 4) or Cream (No. 5) Sauce, and sprinkle in a little grated cheese. Put in another layer of cauliflower, and continue as directed before, until all the vegetable is used. Cover with bread-crumbs and

cheese, and dot with bits of butter. Bake 30 minutes in a moderate oven. There should be 2 tablespoonfuls of grated cheese, and 1 pint of sauce to each head of cauliflower.

愛司加拉澱花菜

花菜先要放在鹽水內煮一點鐘、倒去水、撕分小分。後用烘盆鋪上白塔油、先鋪一層花菜、澆上第四號汁或第五號汁、用飽細的欺司撒在上面。再鋪一層花菜、一層汁、一層欺司、層層相間、至滿爲住、末一層要用欺司。後加饅頭屑、再用白塔油一些切小塊、要排在上面、烘半點鐘。若是有一棵花菜、則要用飽好的欺司兩大匙、汁一拋音脫。

Stewed Celery with Cream Sauce.

Wash and scrape the tender white parts of two heads of celery. Cut them in pieces about 2 inches long. Cover with boiling water and simmer gently 30 minutes. Season well with salt. Drain off the water in which the celery was cooked. Add 1 pint of cream sauce, and serve.

芹菜和第五號汁

用芹菜兩棵、將白而嫩的取出、洗淨、刮去外皮、切成段、約長二寸。將滾水蓋沒、慢火煮半點鐘、取出、加上鹽、用第五號汁一拋音脫澆上。

Stewed Okra.

After the ends of the pods have been cut off, wash and put on with just enough water to prevent burning (about 1 cupful to 1 quart of the okra) and 1 teaspoonful of salt. Simmer gently 30 minutes. Season with pepper and butter, and with more salt, if necessary.

煮嗯扣

將嗯扣的兩頭剪去一些、洗淨乾淨、假如有嗯扣一誇偷、則要用冷水一茶杯、鹽一小匙、慢火煮半點鐘、要小心、不可以焦、吃的時候、要加胡椒粉、白塔油、若是淡、要加鹽一些。

Fried Egg Plant.

Cut the plant in slices about ½ inch thick. Pare these, and lay in a flat dish. Cover with boiling water, to which has been added 1 tablespoonful of salt to each quart of water. Let this stand 1 hour. Drain, and pepper the slices slightly, and dip in beaten egg and bread-crumbs

(2 eggs and 1 pint of crumbs for a good sized plant). Fry in boiling fat for 10 minutes. The slices will be soft and moist when done. Or, the slices can be seasoned with pepper, and fried brown in pork fat. The egg plant is sometimes stewed, and sometimes baked, but there is no other mode so good as fried.

煎茄子

茄子去皮、切薄片、約一寸中三分之一、放在深的盆內、用滾水蓋沒、假如有水一誇偷、要放入鹽一大匙、浸一點鐘、倒去水、蘸上胡椒粉一些、再將打過的雞蛋攪上、又沾上一些饅頭屑。若如有大茄子一隻、要用雞蛋兩個、饅頭屑一拋音脫、做好後、要放在滾油內、汆十分鐘、這樣的做法、是濕而軟的。如有人喜歡別樣法則、則可以蘸上一些胡椒粉、煎黃就好。茄子可以煮、可以烘、但是煎好是煎。

Pickled Beets.

Cut boiled beets in slices. Lay these in an earthen pot. For every beet put in 1 slice of onion, 1 tablespoonful of grated horse-radish, 6 cloves, and vinegar enough to cover. The beets will be ready to use in 10 or 12 hours. They will not keep more than 1 week.

醋浸紅菜頭

先將紅菜頭煮熟、切片、放在磁盆內、若是有紅菜頭一個、要用葱頭一片、飽好的辣根一大匙、丁香六粒、醋的多少、要蓋沒紅菜頭、浸醋內十點或十二點鐘、就好。這樣做法、可以存做一個禮拜、若然多放、要壞。

Baked Beans.

Pick 1 quart of white beans free from dirt and stones. Wash and soak in cold water over night. In the morning pour off the water. Cover with hot water and boil until they begin to split open, changing the water once. Put the beans in a deep earthen pot. Put a piece of meat (about 2 lbs.) amongst the beans at the top, so that it will just show. Tastes differ as to whether it should be beef or pork. Whichever you use it should be corned, and boiled with the beans after the water has been changed. A piece of good bacon gives the beans a particularly nice flavor. If bacon is used, a piece about 6 inches long and 1½ inches wide will be enough. Pour in as much of the liquor the beans were boiled in as is needed to cover them. Bake, slowly, at least 10 hours. Add a little stock or water occasionally.

烘豆

白豆一誇偷、揀去拉圾、洗淨乾淨、浸在冷水內一夜。至明晨、倒去水、用熱水蓋沒、煮約一刻鐘、再換滾水、煮至豆皮裂開時、撩起、放在磁盆內。這個盆、是要用最深的、將肉一塊約重二磅、窩在豆的中間、或用牛肉、或用豬肉、是不一定、各照人的喜歡、不過是要鹹的、要在第一次煮的時候、就放在內煮。另有一法、將鹹豬肉一塊、長六寸、闊一寸半、將第二次煮的豆湯倒上、用慢火至少烘十點鐘、若是乾、要加牛肉湯或水、使其常濕、用鹹豬肉、滋味是鮮一些。這個鹹豬肉西名倍根

Yams.

Yams may be either boiled or baked. The best way is to boil them the time given in the time table, and bake them a few minutes afterwards, to make them dry. Care must be taken that they are cooked enough or they will not be fit to eat. The time depends on the size.

烘或煮芋艿的法則

芋艿或烘或煮、都可以、最好的法則、先煮酥、然後烘乾。至於煮與烘的工夫、是寫在煮蔬菜的工夫上。不論那一樣做法、最要緊是要熟、不可以生。

PIES.

Puff Paste. No. 1.

2 quarts of flour, 1 pint of butter, 1 tablespoonful of salt, 1 of sugar, $1\frac{1}{4}$ cupful of ice-water. Wash the butter in cold water; divide it into 3 parts, make it into thin cakes, and lay them on the ice to harden. Sift the flour and mix the salt and sugar with it. Take 1 cake of the butter and rub it well into the flour; Mix it up lightly with the ice-water, Sprinkle a litte flour on the paste-board, and roll the crust out very thin. rolling from you always. Be careful not to break the crust with the rolling-pin. Roll out 1 cake of butter as thin as possible, lay it on the paste, dredge on a little flour, roll up the paste, then roll it out thin again ; roll out the other cake of butter, lay it on the paste, dredge on a little flour, and roll it up again. Cut into as many pieces as required. The flour for dredging and rolling the butter and paste together is included in the flour for the paste.

論派愛

做第一等麵皮的法則

麵粉兩誇偷、白塔油一拋音脫、鹽一大匙、糖一大匙、氷水一茶杯、又四分之一。○做法、白塔油要放在冷水內洗過、分做三塊、做成薄餅、放在氷上、待其冷而硬。麵粉要篩過、把糖與鹽放入幷和、將分開的白塔油一塊、放在麵粉內、用手搓好、倒入氷水一茶杯、又四分之一、調和、待其有一些乾、用板一塊、撒上乾麵粉、將做成的料物倒上、就用棍棒棍薄、不可揉堅、再將第二塊白塔油放上、捲攏、再撒乾麵粉、再棍、棍的時候、要常常向外棍、不可向內、再放第三塊白塔油、做法與第二次一般、這樣、做麵皮的法則、是完全了、內中所用的乾麵粉、是在兩誇偷的麵粉內、不要另加。

Common Paste. No. 2.

1 lb. of flour, $\frac{3}{4}$ lb. of butter; sift the flour on the paste-board; take $\frac{2}{3}$ of the butter, cut it with a knife into the flour, mix it up with just ice-water enough to stick the flour and butter together, and roll it out about

1 inch thick; put the rest of the butter on the paste; dredge on some flour, roll up the paste, flour the board and roll out the paste again smooth, and then roll it up again.

第二等平常用的麵皮

麵粉一磅、白塔油一磅中四分之三、○做法、將麵粉篩過、放入白塔油三分之二、幷和、用氷水一些、調開、但是不可太濕、用棍棒棍至一寸厚、再將其餘的白塔油放上、撒上乾麵粉、捲攏、再棍。再捲攏、再棍、可以做多回、就好。

French Paste for Raised Pies. No. 3.

1 quart of flour, 1 tablespoonful of sugar, 1 teaspoonful of salt, 1 scant cupful of butter, 1 egg, 1 teacupful of water. Rub the butter, salt and sugar into the flour. Beat the egg and add the water to it. Stir this into the flour and butter. Stir this mixture until it is a smooth paste; then put on the board and roll the same as puff paste. This must be rolled 8 times.

第三等麵皮

麵粉一磅倫、糖一大匙、鹽一小匙、白塔油一淺茶杯、雞蛋一個、冷水一茶杯、○做法、先將白塔油、鹽、糖、麵粉、一同幷和、再將雞蛋打高、與冷水相幷、放入麵粉內、調和、照第一等麵皮的法則棍攏、做這個、必定要棍做八回。

To Make a Pie.

Butter the pie plate (tin is the best), and cover with paste that has been rolled very thin. Roll a strip of paste that will be long enough to go around the plate, and cut in strips 1 inch wide. Wet the edge of the plate with water, and put a strip of paste on it. Fill with any kind of prepared fruit. Have the paste in a roll and cut off enough to cover the pie. Roll it to one side till the paste is the right size. It must be much larger than the plate and should be "*fulled*" on as it shrinks in baking. In the centre cut a slit about ½ inch long. The oven must be hot at first, and after the first 15 minutes the drafts must be closed. A mince pie will require 1 hour to bake, an apple pie 50 minutes. Peach and nearly all fruit pies, require the same time.

做派愛的法則

用做派愛的盆、若是馬口鐵做的、是最好。塗上白塔油、將上文做好的麵皮桿薄、攤在盆的中間。另外要桿薄一長條、闊約一寸、盆的邊上、用指蘸水一些搨上、然後放上麵皮、則可以粘牢。盆中用預備好的水菓做餡。再桿一塊薄麵皮、蓋在上面、蓋的時候、要放寬一些、因爲烘起來要縮攏也。蓋的當中、用刀劃一條痕、約長半寸、以便透氣。烘的時候、要用旺火、烘至一刻鐘、要將火爐門、烟囪門、關閉、再烘。派愛的工夫、各有不同、名此派愛、要共烘一點鐘。糕菓派愛、共烘五十分鐘。桃子與別樣果子做的、差不多都是五十分鐘。

Squash Pie.

5 pints of stewed and strained squash, 2 quarts of boiling milk, 1½ nutmeg, 4 teaspoonfuls of salt, 5 cupfuls of sugar, 9 eggs, 4 tablespoonfuls of Madeira and 2 of rose-water. Gradually pour the boiling milk on the squash, and stir constantly. Add the nutmeg, rose-water and sugar. When cold add the eggs, well beaten; and just before the mixture is put in the plates put in the Madeira. Butter deep plates, and line with a plain paste. Fill with the mixture, and bake in a moderate oven for 40 minutes.

飯瓜派愛

飯瓜炙熟、用粗篩濾過五拋音脫、滾牛乳兩湯匙、玉果一個半、鹽四小匙、糖五茶杯、雞蛋九個、沒叠來酒四大匙、羅斯香水兩大匙。○做法、先將滾牛乳慢慢的倒在飯瓜上、一面倒、一面調、加上玉果、香水、糖、待其冷。然後加入打高的雞蛋、若是要放在盆裡做餡、可以加酒、做的時候、先要在盆內搨上白塔油、後將第二等麵皮做好、把做好的餡倒在上面、不要用麵皮做蓋、入爐內烘四十分鐘、烘的時候、火不可太旺。

Lemon Pie.

The juice and rind of 1 lemon, 2 eggs, 8 heaping tablespoonfuls of sugar, 1 small teacupful of milk, 1 teaspoonful of corn-starch. Mix the corn-starch with a little of the milk. Put the remainder on the fire, and when boiling stir in the corn-starch. Boil 1 minute. Let this cool, and

add the yolks of the eggs, 4 heaping tablespoonfuls of sugar, and the grated rind and juice of the lemon, all well beaten together. Have a deep pie plate lined with paste and fill with this mixture. Bake slowly 30 minutes. Beat the whites of the eggs to a stiff froth, and gradually beat into them the remainder of the sugar. Cover the pie with this and brown slowly.

酸橘派愛

飽好酸橘的皮與汁一隻、雞蛋兩個、糖八大滿匙、牛乳一茶杯、六角粉一小匙。○做法、牛乳要先取出一些、與六角粉調和。其餘的要煮滾、放入調和的六角粉、滾一歇、移開、待冷。加入打好的蛋黃與糖四大匙、再放酸橘的皮與汁、一同調和。用深的派愛盆、放上麵皮、將調和的料物倒上、不要用麵皮做蓋、入爐內用慢火烘半點鐘。再將蛋白打高、把糖四大匙緩緩的加入、鋪在上面、再用慢火烘至黃、就好了。

Mince Pie Meat.

Boil a beef tongue, weighing 6 lbs., and 6 lbs. of the vein of the round of beef These should just simmer After skinning the tongue chop it and the beef very fine; and add 5 lbs. suet, chopped fine; 5 lbs. stoned raisins, 3 lbs. of currants, 1½ lb. of citron, cut fine; 9 lbs. of sugar, 1½ pint of molasses, 2 quarts of the liquor in which the meat was boiled, 1 quart of brandy, 1 pint of white wine, 1 cupful of salt, ½ cupful of cinnamon, ¼ of a cupful of cloves, ¼ of a cupful of alspice, 3 nutmegs, 1 tablespoonful of mace. - Put all in a pan and let stand over night. Put what you wish to bake in another pan with half as much stewed and sweetened apple as you have meat, and let it stand 1 hour. Put the remainder of the meat in a jar Cover with a piece of paper dipped in brandy, and cover tightly, to exclude the air. Set in a cool place for future use.

名此派愛

牛舌六磅、牛圈肉六磅、用慢火煮酥、牛舌的皮要剝去、與牛圈肉一同斬細、再用斬細牛油五磅、去核的葡萄乾五磅、加蘭子三磅、斬細橙皮一磅半、糖九磅、糖漿一拋音脫半、煮牛舌的湯兩誇偷、孛蘭提酒一誇偷、白酒一拋音脫、鹽一茶杯、桂皮粉半茶杯、

丁香粉一茶杯中四分之一、奧而司板司一茶杯中四分之一、玉果三個、梅以司一大匙。○做法、將各物一同并和、放在器內一夜、至明晨、如要用、可以取些出來、加上煮熟的蘋果、放開一點鐘、可以做派愛、若是取出的有一跨偷、則要用熟蘋果一拋音脫、其餘的可以藏在瓶內、將紙一張、要用孛蘭提酒、濕濕、放入瓶中、蓋在料物上、紙的大小、須要與瓶的大小相配、然後蓋的緊、放在風凉的地方備用。

PUDDINGS.

HOT PUDDINGS

Custard Soufflé.

2 scant tablespoonfuls of butter, 2 tablespoonfuls of flour, 2 tablespoonfuls of sugar, 1 cupful of milk, 4 eggs. Let the milk come to a boil. Beat the flour and butter together; add to them, gradually, the boiling milk, and cook 8 minutes, stirring often. Beat the sugar and the yolks of the eggs together. Add to the cooked mixture, and set away to cool. When cool, beat the whites of the eggs to a stiff froth, and add to the mixture. Bake in a buttered dish for 20 minutes in a moderate oven. Serve *immediately* with creamy sauce.

鷰模定　熱模定

鷰嗯嗒瑣弗來模定

白塔油、麵粉、糖、**各兩大匙、牛乳一杯、雞蛋四個。○做法、先將**牛乳**煮滾、後將麵粉與白塔油調和、加在熱牛乳中、一面加、一面攪、煮八分鐘、常要調動。再將**糖與蛋黃一同打高、加入、放開、待冷。再放入打高的蛋白。用做模定的盆、揩上白塔油、把做好的料物放入、入爐內烘二十分鐘、火不可太旺、**烘好後、要趁熱吃。吃的時候、要與刻喇米掃司一同吃。

Cabinet Pudding.

1 quart of milk, 4 eggs, 4 tablespoonfuls of sugar, ½ teaspoonful of salt, 1 tablespoonful of butter, 3 pints of stale sponge cake, 1 cupful of raisins, chopped citron and currants. Have a little more of the currants than the other two fruits. Beat the eggs, sugar and salt together, and add the milk. Butter a 3-pint pudding mould, sprinkle the sides and bottom with the fruit, and put in a layer of cake. Again sprinkle in the fruit, and put in more cake. Continue this until all the materials are used. Gradually pour in the custard. Let the pudding stand 2 hours, and steam 1½ hour. Serve with wine or creamy sauce.

開勃乃脫樸定

牛乳一誇偷、雞蛋四個、糖四大匙、鹽半小匙、白塔油一大匙、蛋糕三拋音脫、葡萄乾、橙皮、加蘭子、共一茶杯、加蘭子較橙皮葡萄乾要多一些。○做法、雞蛋、糖、鹽、要一同打和、加入牛乳內。用做樸定的器皿、能放三拋音脫的、撮上白塔油、將橙皮、加蘭子、葡萄乾、撒在四周、後放蛋糕一層、再放乾果一層、如是、一層糕、一層果乾、層層相間、至滿爲住、末後、倒上打和的牛乳、放開兩點鐘、入鍋內蒸一點一刻鐘、就好。吃的時候、要與刻喇米掃司、或酒做的掃司一同吃。

Rachel Pudding.

1 quart of bread-crumbs, 1 quart of apples, cut very fine; ½ cupful of suet chopped very fine; 1 cupful of currants, the rind and juice of 2 lemons, 4 eggs well beaten. Mix thoroughly. Grease a pudding mould, and put the mixture in it. Steam 3 hours and serve with rich wine sauce.

兒哀倫樸定

饅頭屑一誇偷、蘋菓斬細一誇偷、牛油斬細半茶杯、加蘭子一茶杯、酸橘汁與飽好的皮兩隻、打好雞蛋四個。○做法、將各物一同調和、用樸定盆楊上油、把各物倒在內、蒸三點鐘。吃的時候、要與酒做的掃司一同吃。

Chocolate Pudding.

1 quart of milk, 4 tablespoonfuls of corn-starch, 4 of sugar, 4 of scraped chocolate, 2 of boiling water, 2 eggs, 1 teaspoonful of salt. Reserve 1 cupful of the milk, and put the remainder on to boil. Put the sugar, chocolate and water in a sauce-pan, and stir over a *hot* fire for a minute, when the mixture should be smooth. Stir this into the boiling milk. Mix the corn-starch and cold milk; add, also, the salt. Stir this into the *boiling* milk, and stir well for 3 minutes. Turn this into a mould that has been dipped in cold water. Let the pudding stand in the mould about 15 minutes. Turn into a pudding dish, and heap whipped cream aronad it. Serve sugar and cream with it; or vanilla sauce will answer.

敲刻勒脫樸定

牛乳一誇偷、六角粉四大匙、糖四大匙、鉋好敲刻勒脫四大匙、滾水二大匙、雞蛋兩個、鹽一小匙。○做法、牛乳要先留出一茶杯、將其餘的煮滾。另用罐將敲刻勒脫、糖、滾水二大匙放入、一同煮一分鐘、常常調動、如漿糊一般、倒在滾牛乳內調和。又將六角粉調在一茶杯冷牛乳內、加上鹽、亦倒在滾牛乳內、煮三分鐘。用有花的樸定盆、在冷水內浸過、倒去水、將做好的料物倒在盆內、放開一刻鐘。翻轉倒在吃的盆上、四周澆上打過的奶油。吃的時候、另加糖與奶油一些、或加香水掃司同吃。

Chocolate Roll Pudding.

This pudding consists of cake, frosting and sauce. It is very nice. Beat the whites of 3 eggs to a stiff froth, and add the yolks. Beat into the eggs 1 cupful of sugar and 1 of flour. As soon as all are thoroughly mixed, stir in 1 cupful of cold water, in which has been dissolved a bit of soda about the size of a pea. Pour thin into a buttered pan, and bake in a moderate oven about 15 minutes. When baked sprinkle the top with 2 tablespoonfuls of milk.

Frosting.—Beat the whites of 6 eggs to a froth, and divide into 2 parts. Put a teaspoonful of sugar to one half, and 1 teaspoonful of sugar and 3 of grated chocolate to the other half. Take the cake from the pan and put it on a flat dish or tin sheet. Spread ½ of each mixture over the top. Return to the oven for about 5 minutes, to harden the frosting. Take out and roll up. Put the remainder of the frosting on the top and sides of the roll. Put again in the oven to harden the frosting. Take out and slide on to a flat dish. Pour the sauce around and serve. *Sauce.*—1 egg, 1 cupful of powdered sugar, 5 tablespoonfuls of boiling milk, 1 teaspoonful of vanilla extract. Beat the white of the egg to a stiff froth, and gradually beat in the sugar. Add the yoke of the egg, the vanilla, and lastly the boiling milk.

捲攏的敲刻勒脫樸定

做這個、有三樣要緊的事、一是蛋糕、一是糖、一是掃句。這樣的樸定、是算最好吃。○做蛋糕的法則、先將蛋白三個打高、又將蛋黃放在內、打高、加入糖、麵粉、各一茶杯、調和、打好。另用沙特、如豆一般大、放在一茶杯水內化開、加在蛋內、放在烘盆內烘一刻鐘、火不可太旺。

烘好後、澆上牛乳二大匙就好。○做糖的法則、先將雞蛋白六個打高、分兩起、第一起要放入糖一小匙、調和。第二起亦要放糖一小匙、飽好的敲刻勒脫三小匙、調和。然後將烘好的糕、在盆中取出、放在馬口鐵皮上、面上先撮上第一起的一半、後撮第二起的一半、入爐內烘約五分鐘。取出、捻攏、再撮第一起的一半、又是第二起的一半、再入爐內烘硬。卸在吃的盆上、用掃司倒在四周。○做掃司的法則、雞蛋一個、最好最細的糖一茶杯、佛尼勒香水一小匙、先將蛋白打高、把糖漸漸的加入、調至極和、再加打過的蛋黃、佛尼勒香水、滾牛乳、就好。

Ground Rice Pudding.

1 quart of milk, 5 tablespoonfuls of ground rice, 4 of sugar, 1 teaspoonful of salt, 6 eggs, ½ cupful of butter. Reserve ½ cupful of milk and boil the remainder. Mix the rice and cold milk together, and stir into the hot milk. Stir constantly 5 minutes. Add the salt, butter, sugar and set away to cool. When cold add the eggs, well beaten. Bake 1 hour in a moderate oven. Serve with creamy sauce.

米粉糕定

牛乳一勝偷、米粉五大匙、糖四大匙、鹽一小匙、雞蛋六個、白塔油半茶杯。○做法、牛乳要留出半茶杯、將其餘的煮滾。冷牛乳要與米粉調和、放在滾牛乳內、煮五分鐘、時時調動。加上鹽、白塔油、糖、一同調和、放開、待冷。再將打過的雞蛋調入、用慢火烘一點鐘。吃的時候、要用閣連密掃司一同吃。

Rice Pudding.

1 quart of milk, ½ a cupful of rice, ½ a cupful of sugar, 1 scant teaspoonful of salt. Pick and wash the rice carefully. Stir the sugar and salt into the cold milk, and add the rice. Let it stand 2 hours. Grate some nutmeg over it, and put a few bits of butter on the top. Bake in a moderate oven from 45 minutes to 1 hour. If it seems to get too dry add a little milk. This pudding can be eaten hot, but many prefer it cold.

米飯樸定

牛乳一誇偷、米半茶杯、糖半茶杯、鹽一小匙。○做法、將米揀淨淘清。糖與鹽要放在牛乳內調和、加入米、浸兩點鐘、撒上飽好的玉果、另將白塔油切成小塊、如豆大、一粒一粒的放在上面、用慢火烘三刻或一點鐘、若是太乾、要加牛乳、這樣的樸定、可以熱吃、亦有人喜歡冷吃。

German Puffs.

The yolks of 6 eggs, 5 tablespoonfuls of flour, 1 of melted butter, 1 pint of milk, ½ teaspoonful of salt. Beat the yolks of the eggs light, add the milk to them, and pour part of this mixture on the flour. Beat this light and smooth; add the remainder of the milk and eggs, and the salt and butter. Butter muffin pans, and half fill them with the batter. The quantity given will make 12 puffs. Bake 20 minutes, in a quick oven. Serve on a hot platter with the sauce poured over them. *Sauce.*—The whites of 6 eggs, 1 cupful of powdered sugar, the juice of 2 oranges or 1 lemon. Beat the whites to a stiff froth, gradually beat in the sugar, and then the juice of the fruit.

日耳曼樸甫

雞蛋黃六個、麵粉五大匙、白塔油烘烊一大匙、牛乳一拋音脫、鹽半小匙。○做法、先將蛋黃打高、把牛乳放入、調和、慢慢的倒在麵粉上、加上鹽、白塔油、一同調和。用做樸甫的器皿、搨上白塔油、將調和的料物倒入、不可倒滿、一半高就夠了。這等料物、可以做十二個樸甫、用旺火烘二十分鐘。吃的時候、要放在熱盆上、四周與上面、都要澆掃司。○做掃司的法則、蛋白六個、細糖粉一茶杯、廣橘或酸橘汁、若是廣橘要用兩隻、酸橘祇用一隻。○做法、蛋白要打高、把糖漸漸的加入、斟上橘汁、調和、就好。

Fig Pudding.

1 cupful of molasses, 1 of chopped suet, 1 of milk, 3¾ cupfuls of flour, 2 eggs, 1 teaspoonful of soda, 1 of cinnamon, ½ a teaspoonful of nutmeg, 1 pint of figs. Mix together the molasses, suet, spice, and the figs, cut fine. Dissolve the soda with a tablespoonful of hot water, and mix with the milk. Add to the other ingredients. Beat the eggs light, and stir into the mixture. Add the flour and beat thoroughly. Butter a mould and turn the mixture into it and steam 5 hours. Serve with creamy sauce.

無花果樸定

糖漿一茶杯、牛油斬細一茶杯、牛乳一茶杯、麵粉三茶杯又一茶杯中四分之三、雞蛋兩個、沙特、桂皮粉、各一小匙、玉果粉半小匙、無花果一拋音脫。○做法、糖漿、牛油、香料、無花果一同斬細、幷和。另將沙特、化在一大匙熟水中、調在牛乳內、與做好的料物調和、然後將蛋打高、調在內、加上麵粉、一同調和。用做樸定的器皿、搽上白塔油、把做好的東西倒入、蒸五點鐘。吃的時候、要與閣連蜜掃司同吃。

Dutch Apple Pudding.

1 pint of flour, 1 teaspoonful of cream of tartar, ½ teaspoonful soda, ½ teaspoonful of salt, 1 egg, ⅔ of a cupful of milk, 2 tablespoonfuls of butter, 4 large apples. Mix the salt, soda and cream of tartar with the flour, and rub through the sieve. Beat the egg light, and add the milk. Rub the butter into the flour. Pour the milk and egg on this, and mix quickly and thoroughly. Spread the dough about ½ an inch deep on a buttered baking-pan. Have the apples pared, cored and cut into eighths. Stick these pieces in rows into the dough. Sprinkle with 2 tablespoonfuls of sugar. Bake in a quick oven for about 25 minutes. This pudding is to be eaten with sugar and cream.

蘋菓樸定

麵粉一拋音脫、閣連姆他偷一小匙、沙特半小匙、鹽半小匙、雞蛋一個、牛乳一茶杯內三分之二、白塔油二大匙、大蘋果四隻。○做法、將麵粉、閣連姆他偷、沙特、鹽、一同幷和、篩好、與白塔油拌和。另將蛋與牛乳幷和、慢慢的倒在麵粉上、一面倒、一面調。用烘盆搽上白塔油、把做成的東西放入、約厚半寸。再將蘋果去皮核、每隻蘋果切八塊、排勻、揣在樸定內、上面撒糖兩大匙、用旺火烘二十五分鐘。這個樸定、要與糖、奶油、一同吃。

Eve's Pudding.

6 eggs, 6 apples, 6 ounces of bread, 6 ounces of currants, ½ a teaspoonful of salt and a little nutmeg. Boil 3 hours or steam 4 hours. Serve with wine sauce.

依扶樸定

雞蛋六個、蘋果六隻、饅頭六兩、加蘭子六兩、鹽半小匙、玉果飽好一些。○做法、將各物一同調和、包在乾淨的布內、煮三點鐘、或是蒸四點鐘。吃的時候、要與酒做的掃司同吃。

Swiss Pudding.

1 cupful of flour, 4 tablespoonfuls of butter, 3 of sugar, 1 pint of milk, 5 eggs, the rind of a lemon. Grate the rind of the lemon into the milk, and boil it. Rub the flour and butter together. Pour the boiling milk on this, and return to the boiler. Cook 5 minutes, stirring all the time. Beat the yolks of the eggs and the sugar together, and stir into the boiling mixture. Remove from the fire immediately When cold, add the whites of the eggs beaten to a stiff froth Have a 3-quart mould buttered. Turn the mixture into it and steam 40 minutes Turn on a hot dish and serve without delay. Serve creamy sauce with it.

司會司樸定

麵粉一茶杯、白塔油四大匙、糖三大匙、牛乳一拋音脫、雞蛋五個、酸橘皮一隻。○做法、酸橘皮要鉋好、放在牛乳內、一同煮滾。另將麵粉與白塔油拌和、把滾牛乳慢慢的倒在麵粉上、煮五分鐘、時時調動。然後將蛋黃與糖、一同打高、放在滾牛乳內調和、移開、待冷、加入打過的雞蛋白。用馬口鐵做的花器皿能容三磅倫的、將做好的東西倒入、蒸四十分鐘、翻轉、倒在熱盆上。吃的時候、要與閣連蜜掃司同吃。

Transparent Pudding.

Beat up 8 eggs very well; put them into a sauce-pan with 1 lb. of powdered sugar, ½ lb. of butter, and some nutmeg; set it on the fire and stir constantly until it thickens and then set it to cool. Make a puff paste; put it around the dish and put in the pudding. A few strips of citron, cut very thin, is an improvement. Bake it nearly 1 hour in a moderate oven.

脫蘭司配倫樸定

雞蛋打高八個、細糖粉一磅、白塔油半磅、鉋好玉果一些。○做法、將各物一同幷和、放在罐內煮、煮的時候、要時時調動、至厚如漿糊一般、放開。用第一號麵皮、放在樸定盆的四周、把做好的東西倒在內、如有人喜歡、可將橙皮一些、切薄片、放在內、入爐內用慢火烘約一點鐘、就好。

Boiled Indian Pudding.

Take 4 cups of Indian meal, 2 cups of suet chopped fine, 1 cupful of molasses, 1 tablespoonful of salt; mix this altogether; tie it in a cloth, leaving it to swell ¼; boil it 6 hours.

珍珠米粉樸定
珍珠米粉四茶
杯、牛油斬細兩
茶杯、糖漿一茶
杯、鹽一大匙。○
做法、各物要一
同調和、用潔淨
的布包好、放在
鍋內煮。包的時
候、要放寬些、不
可紮緊、因爲煮
的時候、要漲開
四分之一也。煮
的工夫、要用六
點鐘。

New Bedford Pudding.

Take 4 tablespoonfuls of flour and 4 of Indian meal, 4 eggs, 1 quart of boiling milk, a little salt, and 1 cup of molasses: stir the other ingredients into the milk, and bake it 3 hours.

紐乎排疊
福特樸定
麵粉四大匙、
珍珠米粉四
大匙、雞蛋四
個、滾牛乳一
誇偷、糖一些、
糖漿一茶杯。
○做法、將各
樣料物一同
拌和、放在牛
乳內調好、倒
在樸定盆內、
烘三點鐘、就
好。

Christmas Plum Pudding.

1½ lb. of raisins, ½ lb. currants, ¼ lb. mixed peel, ¾ lb. bread-crumbs, ¾ lb. suet, 8 eggs, 1 wineglassful of brandy. Stone and cut the raisins in halves, but do not chop them; pick and dry the currants, and mince the suet finely, cut the candied peel into thin slices. Mix the dry ingredients well together, then add the well beaten eggs, and the brandy; stir well, that everything may be thoroughly blended, and *press* the pudding into a buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a mould, and will require the same time allowed for cooking. As Christmas puddings are usually made a few days before they are required for the table, when the pudding is taken out of the pot hang it up immediately and put a plate under to catch the water that may drain from it. The day it is to be eaten plunge it into boiling water, and keep it boiling for at least 2 hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas day a sprig of holly is usually placed in the middle of the pudding, and about a wineglassful of brandy poured around it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

Seasonable on the 25th of December, and on various festive occasions till March.

開來司謀司滾郎樸定

葡萄乾一磅半、加蘭子半磅、廣橘皮、橙皮、酸橘皮、共半磅、饅頭屑十二兩、生牛油十二兩、雞蛋入個、孛蘭提酒一酒杯。○做法、將葡萄乾剝去子、每顆切做兩半、小心不可切碎、再將加蘭子揀淨、淘過、用布抹乾、把牛油斬細、再把三樣橘皮切薄片、然後將各樣乾的料物、一同并和、加上打高的雞蛋與孛蘭提酒、調和、用有花的做樸定的器皿、擦上白塔油、把做好的料物、撩在內、後用布一塊、撒上麵粉、蓋在上面、用線紮緊、放在水內、煮五點或六點鐘、若是不用器皿、則祇用布包好、放在水內煮亦可以、煮的工夫、與在器皿內是一般、做這樣的樸定、大概要在兩三天以前做好、掛起、下面用盆來盛、因有水滴下也、若是要用、先要放在滾水內、煮兩點鐘、吃的時候、要與孛蘭提酒掃司一同吃、再要用烏不宿樹的葉與子一枝、插在上面、四周亦要放一些、做花、上這個樸定到吃檯上的時候、四周可澆上一酒杯孛蘭提酒、用火點着、使有光焰、則客人看見、心內喜歡、吃這個樸定、必定在外國十二月二十五號、另有請尊貴客人、亦可以用、但是不可以多用、過了外國三月、是不能用。

Cottage Pudding.

1 cupful of sugar, 2½ tablespoonfuls of butter, 1 egg, 2 teaspoonfuls of cream of tartar, 1 teaspoonful of soda, 1 pint of flour, 1 cupful of milk. Melt the butter, and stir in the sugar and the egg well beaten. Mix the cream of tartar in the flour, and dissolve the soda in the milk. Mix all together thoroughly, flavor with nutmeg or lemon; bake 45 minutes in a slow oven, and serve with rich hot sauce.

考退其樸定

糖一茶杯、白塔油兩大匙半、雞蛋一個、閪連蒲他倫兩小匙、沙特一小匙、麵粉一拋音脫、牛乳一茶杯。○做法、白塔油要烘烊、把糖與雞蛋調在內、再將閪連蒲他倫與麵粉并和、又將沙特與牛乳調和、各物再要一同并和、加上玉果或丁香水一些、放入樸定盆內、用慢火烘三刻鐘、就好。吃的時候、要用熱而好吃的掃司同吃。

Webster Pudding.

6 eggs, 1 cupful molasses, 1 of milk, ½ cupful of melted butter, ½ a cupful of brandy, 1 teaspoonful of soda, 1 of cloves, 1 of cinnamon, ½ a nutmeg, 1 lb. of currants, a little salt; flavor to your taste. Mix thoroughly and steam it 2 hours. Serve with cold sauce.

回孛司倫樓定

雞蛋六個、糖漿一茶杯、牛乳一茶杯、白塔油烘烊半茶杯、孛蘭提酒半茶杯、沙特一小匙、丁香粉一小匙、桂皮粉半小匙、玉果鉋好半小匙、加蘭子一磅、鹽一些、香水不拘那一樣、隨人的喜歡。○做法、將各物一同調和、放在做樓定的器內、蒸兩點鐘。吃的時候、要用冷的掃司一同吃。

Apple Soufflé.

1 pint of steamed apples, 1 tablespoonful of melted butter, ½ a cupful of sugar, the whites of 6 eggs and the yolks of 3, a slight grating of nutmeg. Stir into the hot apple the butter, sugar and nutmeg, and the yolks of the eggs, well beaten. When this is cold, beat the whites of the eggs to a stiff froth, and stir into the mixture. Butter a 3-pint dish, and turn the *Soufflé* into it. Bake 30 minutes in a moderate oven. Serve immediately with any kind of sauce.

蘋果瑣弗來

蒸熟蘋果一拋音脫、白塔油烘烊一大匙、糖半茶杯、蛋白六個、蛋黃三個、鉋好玉果一些。○做法、把蘋果蒸熟、要在熱的時候、將糖與白塔油、玉果、調在內、再將蛋黃打高、亦調在內、放開、待冷。然後將蛋白打高、與各物調和、用做樓定的盆、可容得三拋音脫的、揩上白塔油、將做好的倒在內、烘半點鐘。吃的時候、可以和不拘那一樣的掃司一同吃。

COLD PUDDINGS.

Peach Pudding.

Pare and cut fine 1 dozen ripe peaches. Sprinkle with 3 tablespoonfuls of sugar, and let them stand 1 hour. Put 1½ pint of milk on to boil. Beat together 4 eggs and 2 tablespoonfuls of sugar. When the milk is hot, stir in ⅓ of a package of gelatine, which has been soaking in ½ a cupful of milk. Add the beaten egg and sugar and cook 4 minutes,

stirring all the while. Take off, and add ¼ of a teaspoonful of salt and 1 teaspoonful of vanilla. Have the peaches in a deep glass dish, and as soon as the custard is partly cooled, turn it on them. Set away in a cold place for 6 or 8 hours. When convenient, it is well to make this pudding the day before using.

冷樸定

桃子樸定

揀熟的桃子十二隻、去皮、切薄片、用糖三大匙撒在上面、放開一點鐘。另將牛乳十二兩煮滾、用雞蛋四個、糖兩大匙、一同打高、又將外國洋菜一匣內三分之一、浸在半茶杯冷牛乳中、待十二兩的牛乳煮滾、將洋菜放入、加上蛋與糖、煮四分鐘、要時時調動、移開。加鹽一小匙中四分之一、佛尼勒香水一小匙。然後把切好的桃子放在玻璃盆內、將做好的各物、等至有一些冷、倒在上面、放在冷處六點鐘或八點鐘。最好是明日吃的、要在今日做好。

Orange Pudding.

1 pint of milk, the juice of 6 oranges and rind of 3, 8 eggs, ½ a cupful of butter, 1 large cupful of granulated sugar, ½ cupful of powdered sugar, 1 tablespoonful of ground rice, paste to line the pudding dish. Mix the ground rice with a little of the cold milk. Put the remainder of the milk on to boil, and when it boils stir in the mixed rice. Stir for 5 minutes; then add the butter and set away to cool. Beat together the sugar, the yolks of the 8 eggs and the whites of 4. Grate the rind and squeeze the juice of the oranges into this. Stir all into the cooked mixture. Having a pudding dish lined with paste. It should hold about 3 quarts. Pour the preparation into this, and bake in a moderate oven for 40 minutes. Beat the remaining 4 whites to stiff froth, and gradually beat in the powdered sugar. Cover the pudding with this. Return to the oven, and cook 10 minutes, having the door open. Set away to cool. It must be ice cold when served.

橘子樸定

牛乳一拋音脫、廣橘汁六隻、廣橘皮三隻、雞蛋八個、白塔油半茶杯、糖一大杯、細糖粉一茶杯中四分之一、米粉一大匙、麵皮約一個樸定盆四周及底上的多少。○做法、米粉要先與冷牛乳一些調和、其餘牛乳要煮滾、將米粉調入、煮五分鐘、加上白塔油、調和、放開、待冷。另將蛋黃八個、蛋白

四個、糖一大杯、一同打高、再將橘皮飽好、加入、又將橘汁摻入、調和、放在煮滾的牛乳內、用做樸定的盆、能容三誇偷的、盆的四周及底上、先舖好麵皮、將做好的各物倒在內、用慢火烘四十分鐘、然後將蛋白四個打高、慢慢的調入細糖粉內、堆在樸定上、用刀刮平、入爐內烘十分鐘、放開、待冷、烘的時候、爐門要開、這個樸定、要最冷吃、

Royal Diplomatic Pudding.

Soak ½ a boxful of gelatine in ½ a cupful of cold water 1 or 2 hours. Pour on this ⅔ pint of boiling water, and add the juice of 1 lemon, 1 cupful of sugar and ½ pint of wine. Stir, and strain. Have 2 moulds, one holding 2 quarts, and the other 1 quart. Put a layer of jelly in the larger mould and place on ice. When hard, garnish with candied cherries cut in two. Pour in a few spoonfuls of the liquid jelly, to hold the cherries, and then pour in enough to cover them. When the jelly is perfectly hard, set the small mould in the centre of the large one and fill the space between with jelly. Fill the small mould with ice, and set both in a basin of ice. When the jelly is again hard, remove the ice from the smaller mould and fill with warm water, and lift it out carefully. The vacant space is to be filled with custard make by the following recipe: The yolks of 5 eggs, ½ a cupful of sugar, 2 tablespoonfuls of wine, 1 teaspoonful of vanilla extract, ½ a box of gelatine, soaked in ½ a cupful of water, a scant cupful of milk. Put the milk on to boil. Add the gelatine, and the eggs and sugar beaten together. Strain, and add the wine and vanilla. When the custard begins to thicken, add ½ a pint of cream whipped to a stiff froth. Pour the custard into the space mentioned, and let it stand until it hardens. Turn the pudding out of the mould, and serve with soft custard poured around it.

老由兒提澄羅買堆克樸定外國洋菜半匣、浸在半杯冷水內一點鐘或兩點鐘、倒上滾水約一拋音脫中三分之二、斟上酸橘汁一隻、加糖一茶杯、酒四兩、調和、用細篩濾過、用兩個做樸定的器皿、一個能容兩誇偷、一個能容一誇偷、將能容兩誇偷的先倒入一些做好的料物、放在氷箱內、待其凍硬、把瓶內的櫻桃每顆切分兩半、排在凍內、切開的、要放在上面、再倒上一些料物、待其冷、可使櫻桃不移動、然後再倒一些、要蓋沒櫻桃、再將能容一誇偷的、放在中

間、四周倒上料物、要倒至滿、就將能容一誇倫的、放氷在內、使其快快冷而凍、然後移去氷、放一些溫水在內、則容易提去、提去後、中間有一個空、要放別物。○將雞蛋五個、糖半茶杯、一同打高、佛尼勒香水一小匙、酒兩大匙、外國洋菜半匣、要放在半茶杯冷水內浸一歇、後用差不多一茶杯的牛乳、煮滾、放入洋菜、蛋、糖、一同調和、用篩濾過、加上酒與香水、再煮一歇、待其厚、再加上打過的奶油四兩、待其冷一些、倒入空的所在。放在氷箱內、使其凍。吃的時候、要倒轉放在盆上、四周倒上碗嗯略掃司。

Bird's Nest Pudding.

½ a package of gelatine, 6 oranges, 3½ cupfuls of sugar. Take the peel from the oranges in quarters. Put it in 2 quarts of water and let it stand over night. In the morning drain off the water and cut the peel in thin strips, with the scissors. Put it in cold water and boil until tender. Make a syrup of ½ a cupful of sugar and 1 pint of water. Drain the straws of orange-peel. Put them in the syrup and simmer 30 minutes. Turn into a bowl, and let stand until next day. Put 1 pint of sugar and 1 pint of water on to boil. Cook rapidly for 20 minutes; the syrup will then fall from the spoon in threads. Put the straws in this and boil 30 minutes. Take out, and drain on a sieve. As they dry put them on a dish, which place in the warm oven. These are for the nests. For the jelly soak the gelatine 2 hours in ½ a cupful of cold water; then pour on it enough boiling water to make with the orange-juice 2½ cupfuls. Add 1 cupful of sugar and the orange-juice. Stir well, and strain through a napkin into a shallow dish. In one end of each of 6 eggs make a small hole, and pour the eggs into a bowl. Wash and drain the shells. To make the *blanc-mange* with which to fill them:—Take ½ of a package of gelatine, 1 pint of milk, 1½ tablespoonful of sugar, ½ teaspoonful of salt, ½ teaspoonful of extract of vanilla or lemon. Put the gelatine with the milk and let it stand in a cold place 2 hours. Then put it on to heat quickly, but do not let it boil. Stir often; and as soon as the gelatine is melted, take off and add the sugar, salt and flavor. Strain and partly cool. Pour into the shells and stand them in a pan of broken ice and salt to cool. Break the jelly in pieces and put in a glass dish. Arrange the straws in the form of nests, 6 in number, and arrange them on the jelly. Place the eggs in these and serve.

鳥窠樣定

外國洋菜半匣、廣橘六隻、糖三茶杯半。○做法、將廣橘皮每隻切四塊、浸在兩勝倫水內一夜、至明晨、倒去水、剪成絲、放在冷水內煮嫩、另用糖半茶杯、水半茶杯、煮成糖漿、將煮嫩的橘皮放入、用慢火煮半點鐘、倒在碗內、放開一夜、至明晨、再用糖一拋音脫、水一拋音脫、用旺火煮二十分鐘、待糖煮至稠而韌、用筯挑起、要像絲線一般、然後將橘皮放入、煮半點鐘、取出、滴去糖漿、烘乾、好用。○再要做凍、將洋菜浸在半茶杯水內兩點鐘、後將橘汁斟在杯內、加上滾水、共滿兩茶杯半、再加糖一茶杯、煮一歇、常要調動、用布濾好、放在盆內、待其冷而凍。○再要做鳥蛋、用雞蛋六個、敲一小洞、將蛋白與蛋黃倒出、洗淨乾淨、把洋菜一匣內三分之一、牛乳一拋音脫、糖一大匙半、鹽一小匙中八分之一、佛尼勒或臘門香水一小匙中三分之一、將洋菜先浸在冷牛乳內兩點鐘、後要煮熱、不要滾、時常調動、等洋菜烊了、加上糖、鹽、香水、用篩濾過、待其有一些冷、要灌在蛋殼內、蛋殼要先窩在碎冰內、碎冰上要加鹽一些、使其冷的快。做好後、將所做的凍切碎、放在瓷瓷盆內、把橘皮絲做成鳥窠的樣式、將蛋剝去殼、放在鳥窠內、做成窠中有蛋的一般。一個蛋、要做一個窠。

Apple Porcupine.

16 large apples, 2 large cupfuls of granulated sugar, 1 lemon, 1 quart of water, 1 cupful of powdered sugar, 1 quart of milk, 1 tablespoonful of corn-starch, ½ a teaspoonful of salt, 6 eggs, 1 pint of blanched almonds. Put the water and granulated sugar in a sauce-pan. Have 10 apples pared and cored, and as soon as the sugar and water boils, put in as many of the apples as will cook without crowding. Simmer gently until the fruit is cooked through. When done on one side the fruit must be turned. Drain and cool them on a dish. Cook 10 apples in this manner. Have the 6 remaining pared and quartered and stewed in 1 cupful of water. Turn the stewed apples into the syrup left from cooking the others. Add the grated rind and the juice of the lemon. Simmer until a smooth marmalade is formed. It will take about 20 minutes. Set

away to cool. Put the milk on to boil, reserving ½ a cupful. When it boils, stir in the corn-starch which has been mixed with the cold milk. Stir well, and cook 5 minutes. Beat the yolks of the 6 eggs and the whites of 2 with ½ of the powdered sugar. Gradually pour the boiling mixture on this. Return to the boiler and cook 3 minutes, stirring all the time. Add the salt. Turn into a bowl to cool. Heap the cooked apples in a mound, using the marmalade to fill up the spaces between the apples. Beat the whites of eggs to a stiff froth, and beat ½ a cupful of sugar into it. Cover the apples with this and stick the almonds into it. Brown slowly in the oven. Set away to cool. At serving-time, season the custard with lemon, and pour it around the porcupine.

蘋果拋剌派愛

大蘋果十六隻、糖兩大茶杯、酸橘一隻、冷水一磅倫、細糖粉一茶杯、牛乳一磅倫、六角粉一大匙、鹽一小匙、雞蛋六個、去皮杏仁一撮、香脫。○做法、將糖與水入鑊內煮、先用蘋果十隻、去皮與核、放入糖內煮、要分開一些、不可軋緊、則煮熟後容易翻轉、煮至熟、要放在盆上使其冷。後將蘋果六隻、去皮核、每隻切四塊、放在一茶杯水內煮酥、再放在餘下的糖漿內煮、加上飽好的酸橘皮與汁、煮約二十分鐘、厚如漿、放開、待冷。另將冷牛乳取出半茶杯、其餘的要煮滾、把六角粉調入半杯冷牛乳內、煮五分鐘、時時調動。然後將蛋黃六個、蛋白兩個、細糖粉半茶杯、一同打高、後將滾牛乳漸漸的倒上、再放在鑊內煮三分鐘、常要調動、加上鹽、倒入碗內、待其冷、然後將煮熟的蘋果堆在盆內、用蘋果漿倒入空隙內。再將蛋白四個打高、加上細糖粉半茶杯、一同調和、搨在蘋果上。用杏仁插在四周與上面、杏仁的尖頭、要向上。放入爐內烘至有一些黃、放開、待冷。吃的時候、用臘門香水一小匙、倒在煮好的牛乳內、澆在蘋果的四周一同吃。

SAUCES FOR PUDDINGS.

Rich Wine Sauce.

1 cupful of butter, 2 of powdered sugar, ½ a cupful of wine. Beat the butter to a cream. Add the sugar gradually, and when very light add the wine, which has been made hot, a little at a time. Place the bowl in a basin of hot water and stir for 2 minutes. The sauce should be smooth and foamy.

雞蛋定的掃司

白塔油一茶杯、細糖粉兩茶杯、酒半杯。○做法、先將白塔油放在碗內打高、後將糖粉慢慢的加入、待打至白、後加酒、酒要衮熟、亦是慢慢的加入、再把碗放在熱水內調二分鐘、看見有沫高起、就好了。

Creamy Sauce.

½ a cupful of butter, 1 cupful of powdered sugar, ¼ of a cupful of cream or milk, 4 tablespoonfuls of wine, or 1 teaspoonful of vanilla or lemon extract. If lemon or vanilla is used, add 4 tablespoonfuls of cream. Beat the butter to a cream. Add the sugar, gradually, beating all the while. When light and creamy, add the wine gradually, and then the cream, a little at a time. When all is beaten smooth, place the bowl in a basin of hot water and stir until the sauce is smooth and creamy—no longer. It will take only a few minutes. This is a delicious sauce, and if well beaten, and not kept in the hot water long enough to melt the sugar, it will be white and foamy.

圓連蓬掃司

白塔油半茶杯、細糖粉一茶杯、牛乳或奶油一杯中四分之一、酒四大匙、若是不喜歡、可以用佛尼勒或臘門香水一小匙、假如用香水、則牛乳或奶油要多加四大匙。○做法、白塔油打高後、要將細糖粉慢慢的加入、待打至白、後加酒、亦是慢慢的加入、再將牛乳或奶油、也是漸漸的加入、把碗放在熱水內調一歇、就好。這樣的掃司、是算最好、不過放在熱水內的時候、要就調、則掃司發白有沫、若是放的常久、則糖粉已烊、不好吃了。

Foaming Sauce.

1 cupful of butter, 2 of powdered sugar, the whites of 2 eggs, 3 tablespoonfuls of brandy, ¼ of a cupful of *boiling* water. Beat the butter to a cream, and gradually beat the sugar into it. Add the whites of the eggs, unbeaten, 1 at a time, and then the brandy. When all is a light smooth mass, add the water, beating in a little at a time. Place the bowl in a basin of hot water and stir for 2 minutes. This is for rich puddings.

福明掃司

白塔油一茶杯、細糖粉兩茶杯、雞蛋白兩個、孛蘭提酒三大匙、滾水一茶杯中四分之一。做法、白塔油要打高、將糖粉漸漸的加入、先加雞蛋白一個、後加雞蛋白第二個、一直要打、不停、再加孛蘭提酒、一同打高、後將滾水慢慢的倒入、確要放在熱水內、調二分鐘。這樣的掃司、要與濃重的樣定一同吃。

濃重就料物多的意思

Vanilla Sauce.

The whites of 2 eggs and the yolk of 1, ½ a cupful of powdered sugar, 1 teaspoonful of vanilla, 3 tablespoonfuls of milk. Beat the whites to a stiff froth, next beat in the sugar, and then the yolk and the seasoning. Serve immediately. This sauce is for light puddings.

佛尼勒掃司

雞蛋白兩個、雞蛋黃一個、細糖粉半茶杯、佛尼勒香水一小匙、牛乳三大匙。○做法、蛋白要打高、加入細糖粉、蛋黃、香水、一直打、至打好。這個掃司、要一做就吃、而且要與不濃重的樣定一同吃。

Caramel Sauce.

Put 1 cupful of sugar in a small frying-pan and stir on the fire until a dark brown, if you like a strong caramel flavor, or till a light brown, if you like a delicate flavor. Add 1 cupful of boiling water, and simmer 15 minutes. Set away to cool.

加來每而掃司

糖一茶杯、放在罐內、要炒至紅或黃、加入滾水一茶杯、煮一刻鐘工夫。吃的法則、要冷吃。

Quince Sauce.

1 cupful of quince preserve, 1 cupful of milk, 1 tablespoonful of corn-starch, ½ a cupful of sugar. Mix the corn-starch with a little of the cold milk, and put the remainder on to boil. When it boils, stir in the corn-starch and boil 10 minutes; then add the sugar and the preserve, mashed fine. Cook 10 minutes longer and rub through a strainer. This sauce is usually served cold, but when used with hot pudding, it, too, should be hot.

If it is necessary to make the Wine, Creamy or Foamy sauce any considerable time before dinner, do not add the hot water or hot wine, and do not place the bowl in the hot water, until serving-time. The Vanilla and Cream sauces are spoiled by standing after being made.

木瓜掃司

瓶內的甜木瓜一茶杯、牛乳一茶杯、六角粉一大匙、糖半茶杯。○做法、將牛乳煮滾、剩一些冷牛乳、要與六角粉調和、放在熱牛乳內、煮十分鐘。加糖與木瓜、木瓜要揀碎、再煮十分鐘。用粗篩濾過、若是有小粒、要揀過去。這個掃司、若與冷樣定同吃、要冷。若與熱樣定同吃、要熱。○倘或要做酒掃司、或閣里蜜掃司、或福明掃司、如要早預備、必須先做一半工夫、就是熱水與熱酒、不能早放、要在吃的時候放入、碗亦不可早放在熱水內、要在末後放入。再有佛尼勒與奶油掃司、最放不起、要一做就吃。

Cream Sauce.

1 cupful of powdered sugar, 1 egg, 2 cupfuls of whipped cream. Beat the white of the egg to a stiff froth. Add the yolk and sugar, and beat well. Flavor with vanilla, lemon or wine, and add the cream last of all. This is an excellent sauce for a light pudding.

奶油掃司

細糖粉一茶杯、雞蛋一個、打高奶油兩茶杯。○做法、蛋白先要打高、後將雞蛋黃與糖幷和、打入雞蛋白內、再加佛尼勒或臘門香水或酒、一小匙、調和、後加奶油就好。這個掃司、要與不濃重的樣定一同吃。

Soft Custard Sauce.

1 quart of milk, ½ a teaspoonful of sugar, ½ a teaspoonful of salt, the yolks of 8 eggs and the whites of 2, 1 teaspoonful of lemon or vanilla flavor. Beat the sugar and eggs together, and add 1 cupful of milk. Let the remainder of the milk come to a boil, pour it on the mixture and put this on to boil. Stir until it begins to thicken, which will be in about 5 minutes, then add the salt, and set away to cool. When cold, add the flavor. This may be served as a sauce or in custard-glasses.

咧嗯咯掃司

牛乳一誇偷、糖半小匙、鹽半小匙、雞蛋黃八個、雞蛋白兩個、佛尼勒或臘門香水一小匙。○做法、糖要與蛋黃、蛋白、一同打高、加入牛乳一茶杯、其餘的牛乳、要煮滾、并和在各物內、煮五分鐘、見厚、就好、然後加上鹽、放開、待冷、末後要加香水、這樣的做法、可以做掃司、亦可以當做點心吃。

DESSERT.

Blanc-Mange.

1 package of gelatine, 3 pints of milk, 4 tablespoonfuls of sugar, ½ a teaspoonful of salt, 1 teaspoonful of vanilla or lemon. Put the gelatine with the milk and let it stand in a cold place for 2 hours; then put it on the fire, and heat quickly. Do not let it boil. Stir often; and as soon as the gelatine is melted, take off, and add the sugar, salt and flavor. Strain and partially cool, before putting in the mould. It should stand at least 6 hours before serving, and it is even better, especially in summer, to make it the day before using.

點小吃

白凍

外國洋菜一匣、牛乳三磅、香脫、糖四大匙、鹽半小匙、佛尼勒或臙門香水一小匙。

○做法、將洋菜浸在牛乳內、放在冷處兩點鐘、後要煑熟、常常調動、待洋菜煑盡、移開、加上糖、鹽、香水、用篩濾過、待其有一些冷、要放在做凍的器皿內、放在冷處、至少五六點鐘。這樣的凍、在熱天吃、是最好。要在早一日做、則可以硬一些。

Chocolate Blanc-Mange.

Make the blanc-mange the same as the above, and add to it while hot 1 square of Baker's chocolate. Scrape the chocolate fine and put it in a small frying-pan with 2 spoonfuls of sugar and two of boiling water. Stir this over a hot fire for one minute until it is smooth, and stir into the milk. Strain and turn into the mould and set away to harden. This dish should be made at least 8 hours before using. If you please, you can add 1 teaspoonful of vanilla extract.

敲刻勒脫凍

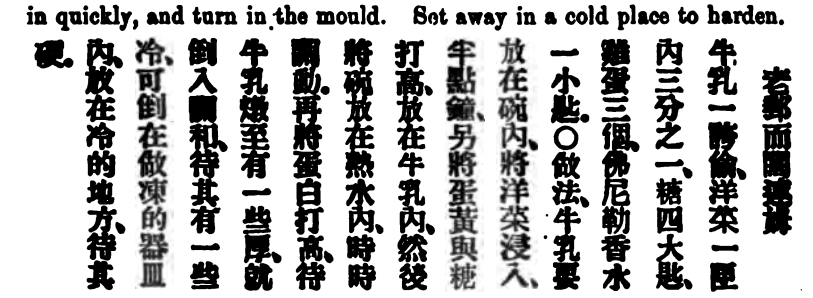
做凍的法則、是與上文一般。不過要在熱的時候、加上敲刻勒脫、先將敲刻勒脫一小方塊、飽細、放在纖內、用糖兩大匙、滾水兩大匙、一同調約二分鐘、待其和、放在煮熱的料物內、濾過、待其稍冷、放在做凍的器皿內。做這個、必定要放開八點鐘。若是喜歡、可以加佛尼勒香水一小匙。

Cream, à la Versailles.

1 quart of milk, ½ a cupful of sugar, ½ a teaspoonful of vanilla extract, ½ a teaspoonful of salt, 7 eggs, 2 tablespoonfuls of water. Put the sugar in the small frying-pan and stir until a light brown. Add the water, and stir a moment longer, and mix with the milk. Beat the eggs and salt together; add this mixture and the vanilla to the milk. Butter a 2-quart mould, and put the custard in it. Put the mould in a basin of warm water, and bake slowly until the custard is firm in the centre. It should take 40 minutes. Test by putting a knife down into the centre, for if the custard is not milky, it is done. Set away in a cold place until serving-time. Turn out on a flat dish, and pour caramel sauce over it.

Royal Cream.

1 quart of milk, ½ of a box of gelatine, 4 tablespoonfuls of sugar, 3 eggs, 1 teaspoonful of vanilla. Put the gelatine in the milk, and let it stand 30 minutes. Beat the yolks well with sugar and stir into the milk. Set the kettle in a pan of hot water and stir until the mixture begins to thicken like soft custard. Have ready the whites of the eggs, beaten to a stiff froth; and the moment the kettle is taken from the fire, stir them in quickly, and turn in the mould. Set away in a cold place to harden.



Peach Sponge.

1 pint of canned peaches, ½ a package of gelatine, the whites of 5 eggs, 1 scant cupful of sugar, ½ a cupful of water. Soak the gelatine for 2 hours in ½ a cupful of water. Boil the cupful of water and sugar 15 minutes. Mash the peaches fine and rub through a sieve. Put in the syrup, and cook 5 minutes, stirring all the time. Place the sauce-pan in another of boiling water and add the gelatine. Stir a little more than 5 minutes, to dissolve the gelatine; then place the sauce-pan in a dish of ice-water and beat the syrup until it begins to cool. Add the whites of the eggs, and beat until the mixture begins to harden. When it will just pour, turn it into the mould to harden. Serve with sugar and cream. Apricot and pear sponges can be made in the same way.

桃子司本屈

煮熟桃子一瓶音脫、洋菜半匣、蛋白五個、糖一淺茶杯、水一茶杯半。○做法、洋菜要浸在半茶杯水內兩點鐘、再將糖放在一茶杯水內煮一刻鐘、又將桃子撩碎、放在粗篩內擦過、過後要放在糖漿內、煮五分鐘、將鑊移在滾水內、放入洋菜、燉五分鐘、時時調動、待洋菜烊盡、將鑊移至冰水中再調、待其冷、加上蛋白、一同打至有一些硬、可以倒在做凍的器皿內、吃的時候、要與奶油、糖、一同吃、再有杏子、生梨、亦可以照這個法則做。

Strawberry Sponge.

1 quart of strawberries, ½ a package of gelatine, 1½ cupful of water, 1 cupful of sugar, the juice of 1 lemon, the whites of 4 eggs. Soak the gelatine 2 hours in ½ a cupful of water. Mash the strawberries and add ½ of the sugar to them. Boil the remainder of the sugar with the cupful of water 20 minutes. Rub the strawberries through a sieve. Add the gelatine to the boiling syrup and take from the fire immediately; then add the strawberries and the lemon-juice. Place in a pan of ice-water and beat 5 minutes. Add the whites of the eggs and beat until the mixture begins to thicken. Pour into the moulds and set away to harden. Serve with sugar and cream.

外國楊梅司本屈

楊梅一瓶倫、洋菜半匣、水一茶杯半、糖一茶杯、酸橘汁一隻、雞蛋白四個。○做法、洋菜要浸在半茶杯水內兩點鐘、將楊梅捺碎、與糖半茶杯調和、再將糖半茶杯與水一

茶杯、同煮二十分鐘。把楊梅放在粗篩內擦過去、又把洋菜放在糖漿內化祥、就將楊梅放在內、澆上酸橘汁、把罐移在氷水內、調五分鐘、加入蛋白、調至有一些硬、可以倒在做凍的器內、放在冷處、待其硬。吃的時候、要與奶油一同吃。

Peach Bavarian Cream.

1 quart of canned stewed peaches, 1 cupful of sugar, 1 pint of cream, ½ a box of gelatine, ½ a cupful of cold water. Mash the peaches and rub them and the juice through a sieve. Add the sugar. Soak the gelatine 2 hours in the cold water. Whip the cream to a froth. Put the peaches in a sauce-pan and let them simmer 20 minutes. Stir often. Add the gelatine to the hot peaches, and remove from the fire immediately. Place the sauce-pan in a pan of ice-water and beat until the mixture begins to thicken; and then stir in the cream. Mix thoroughly, and pour in the mould. Set away to harden. Serve with whipped cream. Apricot and Pear Bavarian Creams are made in the same way.

桃子備物鈴開連姆煮熟或瓶內的桃子一誇倫、糖一茶杯、奶油一拋音脫、洋菜半匣、冷水半茶杯。○做法、將桃子搽碎、用粗篩連汁擦過、加糖、調和。洋菜要浸在冷水內兩點鐘。再將奶油打高、把桃子放在罐內、用慢火煮二十分鐘、常常調動。就將洋菜放入、調一調、將罐速即移開、放在氷水內、調動不停、至有一些厚、然後加入奶油、調和、倒在做凍的器皿內、待其冷而硬。吃的時候、要與打高的奶油一同吃。還有杏子、生梨、亦可以照這個法則做。

Pineapple Bavarian Cream.

1 pint of cooked pineapple, 1 small cupful of sugar, 1 pint of cream, ½ a package of gelatine, ½ a cupful of cold water. Soak the gelatine 2 hours in the water. Chop the pineapple fine and put it on with the sugar. Simmer 20 minutes. Add the gelatine, and strain immediately into a tin basin. Rub as much of the pineapple as possible through the sieve. Beat until it begins to thicken, and add the cream, which has been whipped to a froth. When well mixed, pour into the mould, and put away to harden. Serve with whipped cream.

法國蜜備物館連糕

義熱波羅蜜一拋香脫、糖一茶杯、奶油一拋香脫、外國洋菜半匣、冷水半茶杯。○做法、洋菜要浸在水內兩點鐘、將波羅蜜切細、與糖一同放在鑊內、用慢火熬二十分鐘、加上洋菜、調和、用篩濾在馬口鐵罐內、有渣不過的、要按過去、一同調至厚、加上打高的奶油、再要調和、放在做凍的器皿內、待其冷而硬、吃的時候、要與打高的奶油同吃。

Chocolate Bavarian Cream.

1 pint of cream, 1 cupful of milk, ½ a cupful of sugar, 1 square of Baker's chocolate (1 oz.). Soak the gelatine in ¼ a cupful of the milk. Whip the cream to a stiff froth. Scrape the chocolate, and add 2 tablespoonfuls of the sugar to it. Put in a small frying-pan with 1 tablespoonful of hot water. Stir over a hot fire until smooth and glossy. Have the remaining ½ cupful of milk boiling. Stir the chocolate into it, and add the gelatine. Strain into a basin, and add the remainder of the sugar. Place the basin in a pan of ice-water and beat the mixture until it begins to thicken; then add the whipped cream; and when well mixed turn into the mould. When hard, serve with whipped cream heaped around.

敲剌勒脫備物館連糕

奶油一拋香脫、牛乳一茶杯、糖半茶杯、敲剌勒脫一兩。○做法、洋菜要浸在半茶杯冷牛乳內、奶油要打高、將敲剌勒脫飽細、加上糖兩大匙、熱水一大匙、放在鑊內調成漿。其餘的牛乳、要煮滾、將敲剌勒脫與洋菜一同調在熱牛乳中、用篩濾在馬口鐵罐內、加剩下的糖、連罐放在氷水內調至厚、加上打高的奶油、再要調和、放在做凍的器皿內、待其冷而硬、吃的時候、要用打高的奶油堆在四周。

Charlotte Russe.

2 tablespoonfuls gelatine soaked in a little cold milk 2 hours; 2 coffee-cups rich cream, one tea-cup milk. Whip cream stiff and set on ice. Boil milk, and pour gradually over gelatine until dissolved, then strain; when nearly cold add whipped cream, spoonful at a time. Sweeten with powdered sugar, flavor with *vanilla*. Join ladies' fingers

together with sugar boiled to candy, to form a circle. Place this ring on a round piece of cake made the same as ladies' fingers on a dish and fill with the cream, and set in a cool place to harden.

楷羅脫羅司

洋菜兩大匙、先浸在一些冷牛乳內兩點鐘、奶油兩大茶杯、牛乳一小杯、○做法、奶油要打高、放在氷箱內、把牛乳煮滾、慢慢的倒在洋菜上、待其烊、用篩濾過、等有一些冷、將打過的奶油、慢慢加上、再加佛尼勒香水一些、另用糖與水煮成厚漿、將來台斯非因猫餅、(就是牛乳餅)用厚漿糊成一個圓圈與底、把做好的東西、放在圓圈的中間、放在涼處、待其冷而硬、就好。

Calf's Feet Jelly.

Boil 2 calf's feet, well cleaned, in 4 quarts of water till reduced to a quart, then pour into a pan. When cold, skim off all fat, take jelly up clean; leave settlings at bottom; put jelly into sauce-pan, with 1 pint white wine, ½ lb. loaf sugar, and juice of 4 lemons. Add the whites of 6 eggs, well beaten; stir all well together, put on fire, let boil about 15 minutes without stirring. Pour into large flannel bag, repeat straining until it runs clear. Pour into a mould and set away to harden.

牛脚做的及立

小牛脚兩隻、要小心洗淨、放在四勝偷水內、煮成一勝偷、倒在盆上、待其冷撇去浮油、小心取出、濾去渣滓、放在罐內、加上白酒一拋音脫、乾洋白糖半磅、酸橘汁四隻、一同打高、再加蛋白六個、調和、放在爐上、煮一刻鐘、用法蘭絨做袋、濾過一次、如不淨、要再濾、待其清、放在做凍的器皿內、移在冷處、待其凍而硬、就可以吃。

Wine Jelly.

1 package (2 oz.) gelatine, soaked 2 hours in a large cup cold water; 2 cups sherry, 1 lemon, all the juice and ½ the grated peel, 1 teaspoonful extract of Bitter Almonds, 2 cups sugar, 2 cups boiling water. Put the soaked gelatine, lemon, sugar, and extract together, and cover close 30 minutes. Pour on boilling water, stir and strain. Add wine, and strain again through flannel bag, without squeezing, and leave in mould, wet with cold water, until solid. One good way to mould this jelly is to pour in the mould a little jelly and harden it; put in a layer of strawberries and jelly to harden them. Then another layer of jelly, and so continue until all the jelly has been used.

酒做的凍

洋菜一匣、浸在一茶杯冷水內兩點鐘、舍利酒兩杯、酸橘汁一隻、鮑好的酸橘皮半隻、杏仁香水一小匙、糖、滾水、各兩茶杯。○做法、將洋菜、酸橘汁與皮、糖、一同調和、蓋好、放開半點鐘。後將滾水澆上、再調和、用法蘭絨袋濾清、要待其自己漏出、不可用手硬捺、把做凍的器皿、用冷水浸濕、倒在內、使其冷而硬。另有一法、先倒一層凍、後放一層楊梅、再倒、再放、層層相間、至滿爲住。

Lemon Jelly.

½ box gelatine, soaked in ½ cup cold water 1 hour; add 1 pint boiling water, and 1½ cup sugar, the juice and grated rind of 1 lemon. Stand on stove until boiling. Strain into mould, set in a cool place to harden.

酸橘做的凍

洋菜半匣、浸在半茶杯冷水內一點鐘、加上滾水一拋音脫、糖一茶杯半、酸橘汁與鮑好的皮一隻、一同調和、放在罐內煮滾、就用篩濾、要放在冷處、待其凍而硬、就可以吃。

Soft Caramel Custard.

1 quart of milk, ½ a cupful of sugar, 6 eggs, ½ a teaspoonful of salt. Put the milk on to boil, reserving a cupful. Beat the eggs, and add the cold milk to them. Stir the sugar in a small frying-pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk, and then add the beaten eggs and cold milk, and stir constantly until the mixture begins to thicken. Set away to cool. Serve in glasses.

加來梅而爾嗎啡

牛乳一勝倫、精半茶杯、雞蛋六個、鹽半小匙。○做法、牛乳要剩一茶杯、與打高的雞蛋調和、其餘的要煮滾。另將糖放在小罐內煮烊、見有青烟出、就將煮牛乳調的蛋加入、一直調動、待其厚、就好、放開、待冷。吃的時候、要放在玻璃杯或玻璃壺內、一人一個。

Chocolate Whips.

1 quart of milk, 1 (oz.) square of Baker's chocolate, ½ cupful of sugar, 6 eggs, a speck of salt. Scrape the chocolate fine and put it in a small frying-pan with 2 tablespoonfuls of the sugar and 1 tablespoonful boiling water. When dissolved, add it to 1½ pint of the

milk, which should be boiling. Beat the eggs and the remainder of the sugar together, add the cold milk, and stir into the boiling milk. Stir constantly until it begins to thicken. Add the salt and set away to cool. Season 1 pint of cream with 2 tablespoonfuls of sugar and ½ a teaspoonful of vanilla extract. Whip to a stiff froth. When the custard is cold, half fill the glasses with it, and heap whipped cream upon it. Or, it can be served in one large dish, with the whipped cream on top.

敲刻勒脫灰滋司

牛乳一誇偷、敲刻勒脫一兩、一就是小方塊糖大半茶杯、雞蛋六個、鹽一些。○做法、將敲刻勒脫飽細、與糖兩大匙、滾水一大匙、一同煑烊、加上滾牛乳一拋音脫半、又將蛋與剩下的糖打高、加上冷牛乳、調和、放入滾牛乳內、一直調至厚、加上一些鹽、放開、待冷、另將奶油一拋音脫、糖兩大匙、佛尼勒香水半小匙、一同打高、等上文所做的冷而硬、就將這個東西放在上面。或者將做好的放在一個大盆內、或是幾個小盆內、將這個東西、撒在上面、亦可以。

Kisses.

Beat the whites of 6 eggs to a stiff froth. Stir in a cupful of powdered sugar, gently and quickly. Spread buttered paper over 3 boards which measure about 9 by 12 inches. Drop the mixture by spoonfuls on the boards, having perhaps 1 doz. on each. Dry in a warm oven for about 45 minutes; then brown them lightly. Lift them from the paper and stick them together at the base by twos. 1½ doz. can be made from the quantities given.

開賽司

雞蛋白打高六個、細糖粉一茶杯、要慢慢的加在蛋白內。另用木板三塊、每塊闊九寸、長十二寸、板上要放白紙一張、揩上白塔油、把打高的蛋白與糖、用匙舀起、一匙做一個、放在紙上。每塊板上、約放十二個、入爐內烘三刻鐘、爐門要開、火不可太熱、烘至乾而黃、從紙上取下、每兩個要并做一個、并的時候、要將平的一面并在一處。這樣的料物、可以做十八個。

Cream Méringues.

These are made similar to kisses, but are put on the paper in oblong shape, and dried 2 hours. Take from the board and with a spoon remove all the soft part. Season ½ pint of rich cream with 1 tablespoonful of

sugar and 1 of wine, or a little vanilla, and whip to a stiff froth. Fill the shells with this, and join them. If the méringues are exposed to much heat they are spoiled.

國速姆梅玲蕊

做的法則、與上文一般、不過放在紙上的樣式、要長圓式、不可以圓。烘至兩點鐘、要從板上取下、放在手內、用匙將底上挖空、把奶油半拋音脫、糖一大匙、酒一大匙、或佛尼勒香水一些、一同打高、放在空的洞內、然後將兩個并做一個。烘的時候、爐不可太熱、熱則易壞、所以要用慢火。

Richmond Maids of Honor.

1 cupful of sweet milk, 1 of soar, 1 of sugar, 1 lemon, the yolks of 4 eggs, a speck of salt. Boil all the milk until it curds; then strain. Rub the curd through a sieve. Beat the yolks of the eggs and the sugar together, and add the rind and juice of the lemon and the curd and salt. Line little patty-pans with puff or chopped paste rolled very thin. Put a large spoonful of the mixture in each one, and bake from 15 to 20 minutes in a moderate oven. Do not remove from the pans until cold. These are nice for suppers and lunches as well as for dessert.

兒立乞門梅特惡夫挨那

牛乳一茶杯、酸牛乳一茶杯、糖一茶杯、酸橘一隻、雞蛋黃四個、鹽一些、○做法、將牛乳兩茶杯并和、煮至像豆腐一般、把水漏去、用粗篩撿過、另將蛋黃與糖打高、加上酸橘汁、與飽好的皮、牛乳、鹽、一同調和、用第一號或第二號的麵皮、捍至極薄、放在小馬口鐵盆內如小派愛一般、一小派愛、要放做好的東西一大匙、入爐內烘一刻或二十分鐘、待其冷、然後從盆上取出、這個、是在吃飯後做小吃、或是隨時當做飯點心。

Fanchonettes.

1 cupful of sugar, ½ a cupful of boiling water, 1 tablespoonful of corn-starch, 1 teaspoonful of butter, the yolks of 4 eggs, the juice and rind of 2 lemons. Mix the corn-starch in a little cold water, and stir in ½ a cup of boiling water. Beat the sugar, eggs and lemon together, and stir into the boiling corn-starch. Place the basin in another of hot water and stir (over the fire) until it thickens from 8 to 10 minutes; then add the butter and set away to cool. Line little patty pans with puff paste rolled very thin. Put a spoonful of the mixture in each one, and bake in

a slow oven from 10 to 20 minutes. When cool, slip out of the pans and serve on a napkin. They are nice for lunch or for children's parties. For parties make them small. The mixture for Fanchonettes will keep a number of weeks in a cool place.

番巧納脫

糖一茶杯、滾水半茶杯、六角粉一大匙、白塔油一小匙、雞蛋黃四個、酸橘汁與飽好的皮兩隻。○做法、六角粉先要與冷水一些調和、加入滾水半茶杯。另將糖、蛋、酸橘、一同打高、後將滾的六角粉調入、把罐放在有熱水的鑊內燉、有熱水的罐、要放在火上煮、常常調動、約燉八分或十分鐘、待其厚、加上白塔油調和、待冷。另將小馬口鐵盆、放入第一號麵皮、桿至極薄、鋪好、把做好的東西、在每個盆內放一大匙、入爐內烘十分或二十分鐘、待其冷、然後取出。吃的時候、盆上要襯布、將番巧納脫放上吃。這個東西的吃法、也是像上文一般、也可以請小客人、若是請小孩子吃、必須要用小一些的盆、是算最好。料物做好後、若是不會做派愛、則要放在陰涼之處、可以存放數禮拜不壞。

STANDARD RECIPES

AND

DIRECTIONS FOR FREEZING.

Place all the parts of the freezer in proper position, oiling where needed, and insert a *plug* in the hole at the side of the tub, fill the pail or tub with finely broken ice and salt, in the proportion of four or five of ice to one of coarse or table salt; after allowing a few minutes for the cream to become thoroughly cooled, turn the crank until the freezing is complete. A moderate revolution of the can insures smoothness, and will increase cream in freezing to double the quantity used. Do not draw off the water during the freezing, unless liable to enter the can, a hole bored under the upper hoop would give a vent for it.

When the cream is frozen, remove the beater, cover the can closely, draw off a portion of the water, refill the tub with ice and salt, if needed, and stand the freezer in a cool place for the cream to harden.

使及立結凍的法則

做凍的器皿、先要收拾潔淨、若是輪機不甚活動、要先搵上油、桶底的眼、亦要塞緊、然後將氷敲碎、放在桶中、一層氷、一層粗鹽、假如氷用五倍、則鹽用一倍、層層相間、放開一款、待中間的料物有一些冷、要用手搖、初時搖、要慢、使中間的料物凍的均勻、無有塊磊、料物做好後、要漲大一半、做的時候、桶內的氷水、不可讓他漏去、若嫌其太多、恐防溢入料物內、則可以放去一些、然而最好要在桶的上面、在縫的所在、鑽一小眼、則水可以隨時漏去、中間物物、若俱已氷好、則要將蓋在內的木拿去、若是有累在木上的、要用刀刮去、蓋好、將桶中的水漏去一些、加上氷與鹽、用蒲包或茅篷蓋遮上、放在陰凉之處、待其凍硬、就可以吃、

ICE CREAM.

Vanilla.

Prepare by splitting and cutting the bean in small pieces and boiling in a small quantity of milk or cream to extract the flavor. One vanilla bean will flavor 10 or 12 quarts of cream; use 6 or 7 oz. of sugar to each quart of cream.

論冰及立佛尼勒冰及立將佛尼勒豆分做兩撇、放在一些滾牛乳或奶油內煮一歇、待他的滋味煮出。若是有佛尼勒豆一粒、可以做十誇偷或十二誇偷及立。假如奶油一誇偷、要用糖六七兩。

Lemon.

The grated yellow rind of 1 large lemon, and the juice of ½ lemon to every 2 quarts of cream, mix the grated lemon with the sugar and cream, and strain into the can, add the lemon-juice when the cream is partly frozen; use 7 or 8 oz. sugar to each quart of cream.

酸橘冰及立酸橘一隻、把外面黃的皮鉋下、酸橘汁半隻、可以做及立兩誇偷、鉋下的皮要與糖、奶油、幷和、後用篩濾過、倒在做凍的器皿內搖一歇、待他有一些凍、斟上酸橘汁、再搖、待其凍。假如有奶油一誇偷、要用糖七八兩。

Peach, Strawberry.

Reduce to a pulp, sprinkle with sugar, and when the cream is partly frozen, thoroughly stir the fruit through the entire mass; use 7 or 8 oz. of sugar to each quart of cream, and 1 quart of fruit to 4 quarts of cream. All fruit flavorings are prepared as above.

桃子或楊梅冰及立假如用奶油一誇偷、則要用糖七八兩、水菓四兩。○做法、先將水菓捺碎、撒上糖一些、若看見奶油與糖有一些凍、可以將水菓調在內。大概的水菓、像楊梅、桃子等類、都可以照這個法則做。

Chocolate.

1 oz. of pure chocolate and 6 or 7 oz. of sugar to each quart of cream, boil the chocolate in milk or cream and stir into the cream before freezing. Chocolate cream is improved by adding the well-beaten yolk of 1 egg to each quart of cream.

敲刻勒脫冰及立 敲刻勒脫一兩。糖六七兩、牛乳或奶油一誇偷。○做法、敲刻勒脫要放在一些熱牛乳或奶油內煮一歇、待其烊、要與糖、一同并和、倒在做凍的器內。假如有奶油一誇偷、要加打高的蛋黃一個、則更好吃。

Bisque.

To each quart of cream use 6 dried macaroons and 6 or 7 oz. of sugar; the macaroons to be pulverized, saturated with sherry wine and added when freezing is nearly completed.

別司克冰及立 假如有奶油一誇偷、須用埋克羅啞六個、要烘的乾、糖六七兩。○做法、埋克羅啞要撥碎、如粉、澆上一些舍利酒、使其濕、等冰及立要做成的時候、可將埋克羅啞調在內。

Extracts may be used for flavoring; but as they vary in quality, rules cannot be given as to quantity, except to flavor according to taste.

香水冰及立 香水、亦可以做冰及立、不過多少不能一定、因有濃淡的分別、隨人的喜歡用、就是了。

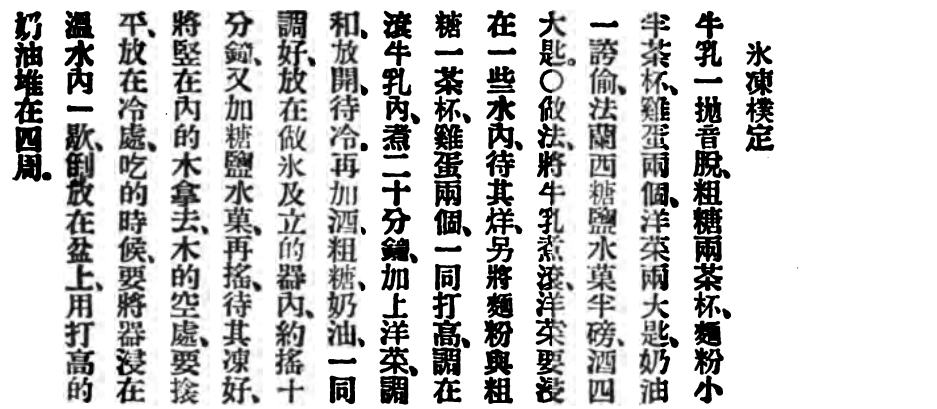
Ice Cream made from Milk.

To each quart of milk use 1 tablespoonful of arrowroot or cornstarch, rubbed smooth in a small quantity of milk, 2 eggs and ½ lb. of sugar well beaten together; bring the milk to the boiling point and stir in the arrowroot, remove from the fire and add the eggs and sugar, stirring well together; cool before freezing. Flavor the same as for cream.

牛乳冰及立 牛乳一誇偷、阿蘿蘿或六角粉一大匙。○做法、將阿蘿蘿或六角粉、先用一些冷牛乳調和、再用雞蛋兩個、糖半磅、一同打高、其餘的要煮滾、再調和的阿蘿蘿或六角粉、調在內、離開火、再把糖與蛋加入、一同調和、移開、待冷、放入器皿內凍、若是要加香水、可以隨人的喜歡。

Frozen Pudding.

1 pint of milk, 2 cupfuls of granulated sugar, ½ cupful of flour, 2 eggs, 2 tablespoonfuls of gelatine, 1 quart of cream, ½ lb. of French candied fruit, 4 tablespoonfuls of wine. Let the milk come to a boil. Beat the flour, 1 cupful of sugar and the eggs together, and stir into the boiling milk. Cook 20 minutes and add the gelatine, which has been soaking 1 or 2 hours in water enough to cover it. Set away to cool. When cool add the wine, sugar and cream. Freeze 10 minutes; then add the candied fruit, and finish freezing. Take out the beater, pack smoothly, and set away for 1 or 2 hours. When ready to serve dip the can in warm water, turn out the cream, and serve with whipped cream heaped around.



Nesselrode Pudding.

1 pint of shelled almonds, 1½ of shelled chestnuts, 1 pint of cream, 1 pint of cooked pineapple, the yolks of 10 eggs, ½ lb. of French candied fruit, 1 tablespoonful of vanilla extract, 4 of wine, 1 pint of water, 1 of sugar. Boil the chestnuts 30 minutes; then rub off the black skins and pound to a paste. Blanch the almonds, and pound to a paste. Boil the sugar, water and pineapple juice for 20 minutes. Beat the yolks of the eggs, and stir them into the syrup. Put the sauce-pan into another of boiling water and beat until it thickens. Take off and place in a basin of cold water and beat for 10 minutes. Mix the almonds and chestnuts with the cream, and rub all through a sieve. Add the candied fruit, and the pineapple, cut fine. Mix this with the cooked mixture. Add the flavor and ½ a teaspoonful of salt. Freeze the same as ice cream.

奈失羅曼模定

杏仁一拋音脫、栗子去殼十二兩、奶油一拋音脫、波羅蜜煮熟一拋音脫、雞蛋黃十個、法蘭西糖鹽水菓半磅、佛尼勒香水一小匙、酒四大匙、水一拋音脫、糖一拋音脫。○做法、栗子要煮半點鐘、搓去皮、搗碎如粉。再將熱水泡去杏仁的皮、舂碎。用糖、水、波羅蜜汁、一同煮二十分鐘、後將蛋黃打高、調在內、離開火、把罐浸在熱水內、再闊、待其厚、要浸在冷水內、闊十分鐘。然後將杏仁、栗子、奶油、一同并和、用粗篩搓過、加上糖鹽水菓、斬細的波羅蜜闊和、放在煮好的汁內、再加香水、酒、鹽半小匙、放在器內凍。

Frozen Custard.

To each quart of milk use 4 eggs and ½ lb. of sugar, beat the eggs and sugar together; after boiling the milk pour it over the sugar and eggs, beating all at the same time. Then put on the fire again, and as soon as it thickens take off and strain into the can. Set aside to cool before freezing.

冰凍咽嗯喀

牛乳一誇偷、雞蛋四個、糖一拋音脫。○做法、糖與蛋要一同打高、後將牛乳煮至滾、慢慢的倒在蛋上、時時闊動不停。再煮至厚、取出、濾過、待其冷、放在器內凍。

WATER ICES.

Orange.

To each quart of water use the grated rind and juice of 3 or 4 large oranges, the juice of ½ lemon and 1 lb. of sugar; strain into the can before freezing.

論冰凍汁冰凍橘子汁

假如有水一誇偷、要用大廣橘三四隻、把外面的皮飽下、汁要斟出、一同放在水內。另用酸橘汁半隻、糖一磅、一同調和、濾過、放在做冰及立的器內凍。

Pineapple.

Bruise or grate 1 pineapple, add 1 lb. of sugar and the juice of ½ lemon for each quart of water, and strain into the can.

氷凍波羅蜜汁　波羅蜜或是飽細、或是撿碎、兩樣法則、都可以、加上糖一磅偷、水一磅偷、酸橘汁半隻、一同調和、濾過、放在做氷及立的器內凍。

Strawberry.

1 quart of berries reduced to a pulp, the juice of ½ lemon and 1 lb. of sugar to each quart of water. Flavoring of all kinds of fruits or berries may be prepared as above, using sugar according to the acidity of the fruit.

氷凍外國楊梅汁　楊梅一磅偷、要撿碎、酸橘汁半隻、糖一磅、水一磅偷。○做法、照前一般、不拘各樣水菓、都可以照這個法則做、不過加糖有多少、假如水菓酸的、則糖要加得多。

Frozen Fruits.

Select the ripest, reduced to a pulp, and to each quart add from ½ to 1 lb. of sugar and the juice of 1 orange or lemon, as required.

氷凍水菓　用最熟的水菓撿碎、假如有水菓一磅偷、則糖要用一磅、或半磅、照水菓的酸甜加減、若是水菓甜的、要另加廣橘或酸橘汁一隻、若是水菓是酸的、則廣橘等類可以不用。

CAKE.

Suggestions.

An earthen basin is best for beating eggs or cake mixture. Cake should be beaten with a wooden spoon. It is well in making cake to beat the butter and sugar to a light cream. In common cakes, when only a few eggs are used, beat them until you can take a spoonful up clear from strings. To ascertain whether a cake is baked enough, pass a small knife-blade through it; if not done enough some of the unbaked dough will be found sticking to it; if done it will come out clean.

論糕　做糕或是打蛋、都要用碗料做的器皿、也要用木做的匙攪動。先將白塔油與糖、打至發白、若是蛋用的少、須要打得高、用匙揀起、要不見絲爲好。烘糕要曉得熟與不熟、可以將刀插入糕內、拔出時、刀上無黏痕的、是熟。若是有漿、是不曾熟。

Gold Cake.

¾ cupful butter, 2 cupfuls sugar, yolks of 10 eggs, 1½ pint flour, 2 teaspoonfuls baking-powder, 1 cupful thin cream, 1 teaspoonful extract of lemon. Rub the butter and sugar to a white cream; add the yolks, 3 at a time, beating a little between each addition; add the flour sifted with the powder, the thin cream, and the extract; mix into a pretty firm batter; bake in a paper-lined cake-tin, in a steady oven, 50 minutes.

金糕　白塔油一茶杯中四分之三、糖兩茶杯、雞蛋黃十個、麵粉一拋音脫半、陪金拋特兩大匙、奶油與牛乳共一茶杯、臘們香水一小匙。○做法、先將糖與白塔油打白、加上雞蛋黃三個、打好、再加三個、再打、一直至雞蛋黃打完、後將麵粉與陪金拋特并和、調在內、加上牛乳、奶油、再加香水、一同調和、不可太薄、烘的時候、盆中要襯紙、紙上搨油、入爐內烘五十分鐘、火要常常一般的熱、最要緊是不可以焦。

Silver Cake.

Proceed as directed for *Gold Cake*, substituting whites of eggs for the yolks.

銀糕 做的法則與金糕一般不過糕是用雞蛋黃這個是用雞蛋白。

White Fruit Cake.

1 cupful of butter, 2 of sugar, 3 of flour, the whites of 8 eggs, ½ a wine-glass of white wine, 2 teaspoonfuls of baking-powder, ¼ lb. citron, cut fine; ½ lb. chopped almonds, 1 teacup of dessicated cocoanut. Beat the butter to a cream, and gradually beat in the sugar, and then the wine. Beat the whites of the eggs to a stiff froth, and stir into the butter and sugar. Add the flour, which is thoroughly mixed with the powder, and lastly the fruit. Bake in 2 loaves, 40 minutes in a moderate oven.

灰脫福羅脫糕 白塔油一茶杯、糖兩茶杯、麵粉三茶杯、雞蛋白八個、白酒半酒杯、陪金拋特兩小匙、切細橙皮四兩、切細杏仁半磅、椰瓢肉鉋細一茶杯。○做法、先將白塔油與搪打高、加上酒、再將蛋白打高加入。再加麵粉與陪金拋特。末後要加杏仁、橙皮、椰瓢肉。一同調和、入爐內烘四十分鐘。照這樣的料物、可以做成糕兩個。

Wedding Cake.

9 cupfuls of butter, 5 lbs. sugar, 8 lbs. flour, 5 doz. eggs, 7 lbs. currants, 3½ lbs. citron, 4 lbs. shelled almonds, 7 lbs. of raisins, 1½ pint of brandy, 2 oz. of mace. Bake in a moderate oven for 2 hours or more. This will make 8 loaves, which will keep for years.

結親糕 白塔油九茶杯、糖五磅、麵粉八磅、雞蛋六十個、加蘭子七磅、橙皮三磅半、杏仁四磅、葡萄乾七磅、孛蘭提酒一拋音脫半、梅以司二兩、一同調和、入爐內烘兩點餘鐘。照這樣的料物、可以做成糕八個、亦可藏之久遠不壞。

Ribbon Cake.

2 cupfuls of sugar, 1 of butter, 1 of milk, 4 of flour (rather scant), 4 eggs, 1½ teaspoonful of baking-powder. Beat the sugar and butter to a cream. Add the flavoring (lemon or nutmeg). Beat the eggs light. Add them and the milk. Mix the flour and baking-powder together and add to the mixture. Beat quickly to mix thoroughly.

Take 3 sheet-pans of the same size, and in each of two put ⅓ of the mixture, and bake. To the other third add 4 teaspoonfuls of cinnamon, 1 cupful currants and ½ lb. citron, cut fine. Bake this in the remaining pan. When done take out of the pans. Spread the light cake with a thin layer of jelly, while warm. Place on this the dark cake, and spread with jelly. Place the other light cake on this. Lay a paper over all, and then a thin sheet of iron, on which put suitable weights. The cake will press in about 2 hours.

花糕

糖兩茶杯、白塔油一茶杯、牛奶一茶杯、麵粉四淺茶杯、雞蛋四個、陪金拋特一小匙半。○做法、糖與白塔油要打高、加上臘門香水、或玉果一些。另將雞蛋打高、與牛乳并和調入。又將麵粉與陪金拋特并和加入、一同打高、不可停手。用一樣大的三個盆子、將所做的料物、先倒滿兩盆、入爐內烘、這個是白色的。後一盆要加上桂皮粉四大匙、加蘭子一茶杯、橙皮二兩、此兩樣要切細、一同并和、入爐內烘熟、取出、這個是黑色的。兩個白色的糕、在爐內取出時、一個趁熱要攝上一層及立。黑色的糕、亦要攝上一層及立。先將一個白色攝及立的、放在下面、黑色的在中間、上面再放一個白色的。蓋上紙一塊、紙上放鐵板、上用重物、或鐵塊、壓兩點鐘、就好。

Marbled Cake. No. 1.

This is made in separate batters, a dark and light one. Both are mixed rather firm. Have a paper lined tin; with a spoon drop the two batters alternately into it, and bake in a rather quick oven 35 minutes.

Light.—1 cupful of sugar, ½ cupful of butter, ½ cupful of milk, the whites of 3 eggs, 2½ cupfuls of flour, 1 teaspoonful of baking-powder, 1 teaspoonful flavoring.

Dark.—½ cupful of dark sugar, ¼ cupful of butter, ½ of molasses, ¼ of milk, yolks of 3 eggs, 2½ cupfuls of flour, ½ teaspoonful of nutmeg, 1 of cinnamon, ½ of allspice, 1 of baking-powder.

大理石糕第一法 兩名埋字見

做這個糕、要用兩樣法則、一樣是黑、一樣是白。烘的時候、馬口鐵盆內要襯油紙、將大匙先舀一些黑的、後舀一些白的、再一些黑、再一些白、至滿爲住、要用快火烘三十五分鐘。○白的做法、糖一茶杯、白塔油半茶杯、牛乳半茶杯、蛋白三

個麵粉兩茶杯半、陪金拋特一小匙、香水一小匙。○黑的做法、紅糖半杯、白塔油一杯內四分之一、糖漿半茶杯、牛乳一茶杯內四分之一、蛋黃三個、麵粉兩茶杯半、玉果粉半小匙、桂皮粉一小匙、奧而司椒司半小匙、陪金拋特一小匙。

Marbled Cake. No. 2.

Another kind is made the same as cup cake, taking 1 cupful of the batter for the *dark* to be made by the addition of a large spoonful of grated chocolate, wet with a little cold milk. Pour the batters into the cake-tin alternately, and bake as above.

大理石糕第二法

這個糕的做法、是與克浦糕一般、做好以後、要留出一茶杯、加入敲剝勒脫一大匙、敲剝勒脫要飽細、先要與一些冷牛乳調成漿、然後開入一杯白的做法的料物內。留法與烘法、是照上文一般。

Governor Strong's Cake.

2 lbs. of butter, 2¾ lbs. of sugar, 18 eggs, 1 pint of wine, 1 glass of brandy, 1 nutmeg, a little mace, 1 tablespoonful of cloves, 4 lbs. of flour, 3 lbs. of currants. Bake it in not very thick loaves about 1 hour.

猶佛納司脫耶糕

白塔油兩磅、糖兩磅零十二兩、雞蛋十八個、酒一拋音脫、李蘭提酒一酒杯、玉菓一個、梅以司一些、丁香粉一大匙、麵粉四磅、加蘭子三磅、入爐內烘一點鐘。烘的時候、要做的薄、若是太厚、恐防烘不熟。

Doughnuts.

1 cup of sugar, 3 of flour, 1 cupful of milk and a piece of butter the size of an egg, warmed together, 3 eggs well beaten, and 1 teaspoonful of mace. Mix this all together; roll it out, and make them in any shape. Fry them in hot lard; and sift fine sugar over them while warm.

陶納此

糖一茶杯、麵粉三茶杯、牛乳一茶杯、白塔油如雞蛋大的一塊。○做法、白塔油要烘烊、與各物調和、加上打高的雞蛋三個、梅以司一小匙、一同調和、至厚、把棒棍搽、隨意切成花樣、用滾油炸黃、要小心、不可以焦。炸好後、趁熱撒上細糖粉、就好。

Washington Cake.

3 cupfuls of sugar, 2 cupfuls of butter, 1 cupful of milk, 4 cupfuls of flour, 5 eggs, 2 teaspoonfuls of baking-powder, ½ lb. currants, ¼ lb. raisins, ¼ cupful citron sliced fine, 1 teaspoonful each of nutmeg and cinnamon. Bake in shallow pan, in rather quick oven 1½ hour. When cold, ice with white icing.

華盛頓糕

糖三茶杯、白塔油兩茶杯、牛乳一茶杯、麵粉四茶杯、雞蛋五個、陪金拋特兩小匙、加蘭子半磅、葡萄乾四兩、橙皮切細一茶杯中四分之一、玉菓粉、桂皮粉、各一小匙。○做法、將各物一同調和、放在淺盆內、用旺火烘一點半鐘、取出、待冷。然後攙上挨愛星一層。就是細糖粉與蛋白調成的

Cup Cake.

1 cupful butter, 2 cupfuls sugar, 4 eggs, 1 teaspoonful baking-powder, 3 cupfuls flour, 1 teaspoonful flavoring. Rub the flavoring, butter and sugar to a cream; add the eggs, 2 at a time, beating 5 minutes between each addition. Add the flour and powder to the butter, etc., with the flavoring. Mix into a smooth medium batter; bake in well buttered tin or muffin pans in a rather hot oven 20 minutes or more.

克浦糕

白塔油一茶杯、糖兩茶杯、雞蛋四個、陪金拋特一小匙、麵粉三茶杯、香水一小匙。○做法、先將白塔油與糖調和、加上雞蛋兩個、調一歇、再加兩個、後將陪金拋特、麵粉、慢慢的加入、加上香水、調至不厚不薄、入爐內用旺火烘約二十分鐘。烘的時候、或用一個大馬口鐵盆、或用幾個小盆、照各人的意思、就是了。

Currant Cake.

1 cupful butter, 1 cupful sugar, 4 eggs, 1 teaspoonful baking-powder, 1 pint flour, 1½ cupful currants, washed and picked, 2 teaspoonfuls of cinnamon extract, and 1 teaspoonful lemon extract. Rub the butter and sugar to a cream; add the eggs, 1 at a time, beating a few minutes between each; add the flour sifted with the powder, the currants, and the extracts. Mix into a medium batter. Bake in paper-lined cake-tin 50 minutes in a moderate oven. Always rub a little flour over the currants to prevent their sinking while the cake is baking.

加蘭子糕 白塔油一茶杯、糖一茶杯、雞蛋四個、陪金拋特一小匙、麵粉一拋音脫、加蘭子洗淨揀好一茶杯半、桂皮香水二小匙、脫門香水一小匙。○做法、將糖與白塔油并和、把蛋一個一個加入、調和、再加麵粉與陪金拋特、後加加蘭子香水、調至不厚不薄、烘盆內先要襯紙、紙上搵油、烘的時候火不可太旺、亦不可太慢、烘五十分鐘就好、加加蘭子的時候、先要滾上麵粉、則烘時、不能沉下。

Lemon Cake.

1 cupful of butter, 3 of sugar; rub them to a cream, and stir into them the yolks of 5 eggs well beaten, 1 cupful of milk, the juice and grated peel of 1 lemon, the whites of 5 eggs, and sift in, as light as possible, 4 cups of flour. Bake in shallow pans about 30 minutes.

臘們糕 白塔油一茶杯、糖三茶杯。○做法、一同調和、加上打高的蛋黃五個、牛乳一茶杯、酸橘皮與汁一隻、蛋白打高五個、再調和、又加麵粉四茶杯、要慢慢的加入。用淺盆烘半點鐘就好。

Chocolate Cake.

2 cups of sugar, 1 cup of butter, 1 cup of milk, 3½ cups of flour, the yolks of 5 and the whites of 2 eggs. 1 teaspoonful of baking-powder. Bake in shallow pans. *Mixture for filling.*—Whites of 3 eggs, 1½ cup of sugar, 3 tablespoonfuls of grated chocolate, 1 teaspoonful of vanilla. Beat well together and spread between the layers and on top.

敲刻勒脫糕 糖兩茶杯、白塔油牛乳各一茶杯、麵粉三茶杯半、蛋黃五個、蛋白兩個、陪金拋特一匙。○做法、各物調和後、放在三個淺盆內烘。中間的料物、要用蛋白三個、糖一茶杯半、飽好的敲刻勒脫三大匙、佛尼勒香水一小匙、一同調和。將烘好的糕、一個上面搵一層、放上第二個、再搵一層、再放第三個、亦搵一層、就好。

Cream Cake.

2 cupfuls of sugar, ⅔ cupful of butter, 3 cupfuls of flour, ½ cupful of milk 4 eggs, 1 teaspoonful of baking-powder. Bake in shallow pans about 20 minutes. When cold spread between the layers the following mixture:—1 cupful of milk, 2 teaspoonfuls of corn-starch, 1 egg, ½ cupful

sugar, 1 teaspoonful of flavoring. Boil the milk and stir in the corn-flour which has been wet with cold milk, add the eggs, sugar and flavoring.

椰蓮磅糕

糖兩茶杯、白塔油一茶杯中三分之二、麵粉三茶杯、牛乳半茶杯、雞蛋四個、陪金拋特一小匙。○做法、將各物一同調和、放在淺盆內、烘二十分鐘。中間的料物、要用牛乳一茶杯、六角粉兩小匙、雞蛋一個、糖半茶杯、香水一小匙。六角粉先要與一些冷牛乳調和、其餘的牛乳、要煮滾、然後將六角粉調入、再加各物、一并調和、後加香水。放在糕的中間。

Cocoanut Cake.

2 cups of sugar, ½ cup of butter, 1 cup of milk, 3 cups of flour, 3 eggs, 2 teaspoonfuls of baking-powder, 1 teaspoonful of flavoring. Bake in shallow pans. *Filling.*—1 grated cocoanut. To ½ of this add the whites of 3 eggs beaten to a stiff froth, and 1 cup of sugar. Lay this between the layers of cake. Mix with the other half of the cocoanut 4 tablespoonfuls of sugar and strew thickly on the top of the cake.

椰瓢糕

糖兩茶杯、白塔油半茶杯、牛乳一茶杯、麵粉三茶杯、雞蛋三個、陪金拋特兩小匙、香水一小匙。○做法、將各物一同調和、放在三個淺盆內烘、烘好後、用鉋細椰瓢肉一隻、分做兩分、一分之中、要放入打高的雞蛋三個、糖一茶杯、調和、揚上一層糕上、上面再放一層糕、再揚一層料物、再放一層糕、最上一層、用一分椰瓢肉、加入糖四大匙、拌和、放上、就好。

Simple Jelly Cake.

1 cupful of sugar, ½ of butter, ½ of milk, 2½ of flour, 3 eggs, 1 teaspoonful of baking-powder. Bake in shallow pans. Spread between the layers any kind of jelly.

及立糕

糖一茶杯、白塔油半茶杯、牛乳半茶杯、麵粉兩茶杯半、雞蛋三個、陪金拋特一小匙。○做法、將各物一同調和、放在三個淺盆內烘、照上文的法則做成一層一層、中間可以隨意放及立、各照人的喜歡就是。

Jelly Roll.

Make the sponge cake mixture as for lady-fingers, and bake in one shallow pan 20 minutes. While it is yet warm, cut off the edges; and spread the cake with any kind of jelly. Roll up, and pin a towel around it. Put in a cool place until serving time. Cut in slices with a sharp knife.

及立捲 做的法則、與上文及立糕一般。要倒在淺盆內、烘二十分鐘、取出、趁熱、修去邊、揭上及立、捲攏、放在布內、包好、用針穿牢、放在凉處。待要用時、用快刀切片、就好。

Cookies.

1 cupful of butter, 2 of sugar, 5 of flour, 1 teaspoonful of soda dissolved in 4 of milk; 1 egg, flavor to taste. Roll and bake like seed cakes.

哭開司 白塔油一茶杯、糖兩茶杯、麵粉五茶杯、沙特一小匙。○做法、沙特要用四小匙冷牛乳調和、加上雞蛋一個、香水隨人的喜歡用、一同調和。烘的時候、要與西特糕一般的樣與烘。

Molasses Cake.

½ pint of molasses mixed with 1 cupful butter, 1 cupful milk, 1 teaspoonful of soda, 14 tablespoonfuls of flour, 2 tablespoonfuls of ginger, 3 eggs, and a little grated orange-peel. Bake 30 minutes.

糖菜糕 白塔油一茶杯、糖菜半杯、音戚。○做法、白塔油要與糖菜調和。另將牛乳一茶杯、沙特一小匙、麵粉十四大匙、薑粉兩大匙、雞蛋三個、飽好橘皮一些、一同調和、入烘盆內、烘半點鐘。

Ginger Snaps.

½ a cupful of butter, ½ cupful of sugar, ½ a pint of molasses, 1 teaspoonful of cream tartar, 2 of soda, 1 cupful of milk, ½ a cupful of ginger, and flour enough to make a stiff dough. Roll it about ¼ inch thick; cut with a small wineglass, and bake them hard.

薑餅 白塔油半茶杯、糖半茶杯、糖菜半杯、音戚、開連攏他倫一小匙、沙特兩小匙、牛乳一茶杯、薑粉半茶杯、麵粉不拘多少。○做法、將各物一同調至厚、用杖棹搏、用小玻璃盞切成小圓餅、或做別個樣子、烘硬、就好了。

Soft Gingerbread. No. 1.

6 cupfuls of flour, 3 of molasses, 1 of cream, 1 of lard or butter, 2 eggs, 2 teaspoonfuls of ginger, 1 teaspoonful of soda. Bake in a pan 20 minutes or more.

薑糕第一法　麵粉六茶杯、糖漿三茶杯、奶油一茶杯、白塔油或猪油一茶杯、雞蛋兩個、薑粉兩小匙、沙特一小匙。○做法、將各物一同調和、倒在盆內、烘約二十分鐘、就可以。

Fairy Gingerbread. No. 2.

1 cupful butter, 2 of sugar, 1 of milk, 4 of flour, ¾ of a teaspoonful of soda, 1 tablespoonful of ginger. Beat the sugar and butter to a cream; when very light add the ginger, the milk in which the soda has been dissolved, and finally the flour. Turn the baking-pans upside down and wipe the bottoms very clean. Butter them, and spread the cake mixture very thin on them. Bake in a moderate oven until brown. While still *hot*, cut into squares with a case-knife and slip from the pan. Keep in a tin box. This is delicious. With the quantities given a large dish of gingerbread can be made. It must be spread very thin, and cut the moment it comes from the oven.

薑糕第二法　白塔油一茶杯、糖兩茶杯、牛乳一茶杯、麵粉四茶杯、沙特一小匙中四分之三、薑粉一大匙。○做法、白塔油要與糖打高、把薑粉漸漸的加入、又將沙特化在牛乳內、也要漸漸的加入、末後要加麵粉。將烘盆倒合、揩乾、底上搨白塔油、將做好的料物、薄薄的搨一層、入爐內、用慢火烘黃、取出、趁熱、切方塊、存放在馬口鐵匣內。這些料物、烘好後、該有一大盆、搨在烘盆上的時候、須要薄、最好要趁熱切開。

Railroad Cake.

2 cupfuls of sugar, 2 of flour, 6 tablespoonfuls of butter, 2 of milk, 6 eggs, 2 teaspoonfuls of baking-powder, a little lemon-peel. Bake in shallow pans in a quick oven.

來羅脫糕　糖兩茶杯、麵粉兩茶杯、白塔油六大匙、牛乳兩大匙。雞蛋六個、陪金拋特兩小匙、酸橘皮一些。○做法、將各物一同調和、用淺的烘盆、入爐內、用旺火烘熟、就好。

Sponge Cake.

10 eggs, 2½ cupfuls of sugar, 2½ of flour, the juice and rind of 1 lemon. Beat the yolks and sugar together until very light. Add the lemon. Beat the whites to a stiff froth. Stir the flour and this froth alternately into the beaten yolks and sugar. Have the batter about 3 inches deep in the pan. Sprinkle with sugar, and bake 45 minutes in a moderate oven. If the batter is not so deep in the pan it will not take so long to bake.

雞蛋糕

雞蛋四個、糖兩茶杯半、麵粉兩茶杯半、酸橘汁與皮一隻。○做法、先將蛋黃與糖打高、加上酸橘汁與飽好的皮、再將蛋白打高、與麵粉一些一些的加入、一同調和。將烘盆襯上白塔油、把做好的料物倒入、約三寸厚、撒上糖。入爐內用慢火烘三刻鐘、如若不到三寸厚、則烘的工夫、要少一些。

Lady-Fingers.

4 eggs, ¾ cupful of flour, ½ cupful of *powdered* sugar. Have the bottom of three large baking-pans covered with sheets of buttered paper. Beat the yolks of the eggs and sugar together. Beat the whites to a stiff froth and add to the yolks and sugar. Add the flour, and stir quickly and gently. Pour the mixture into the pastry-bag, and press it through on to the paper in any shape or size you like. When all the mixture has been used, sprinkle powdered sugar on the cakes, and bake from 12 to 16 minutes in a *very slow* oven.

來台非因搭餅

雞蛋四個、麵粉一茶杯內四分之三、細糖粉半茶杯。○做法、用大烘盆襯上紙、揭上白塔油、將蛋黃與糖一同打高、再將蛋白打高、加在內、再加上麵粉、快快的調和、不可遲慢、用三角布袋擠出在紙上、隨意做成花樣、上面要撒細糖粉。入爐內用慢火烘十二分鐘至十六分鐘、就好。大概的花樣是長、如人的手指一般。

Jumbles.

1 cupful of butter, 2 of sugar, 1 cupful of milk, ½ a teaspoonful of soda, 4 eggs, and 6 cupfuls of flour. Beat the sugar and butter to a cream, add the eggs well beaten, and the milk and flour alternately. Have the soda dissolved in the milk. Add spice of any kind. Beat well

together, roll rather thin ; cut it with a tumbler and wine-glass to form a ring ; brush them over with the white of egg, and sift on a very little fine white sugar before baking. Bake them 15 or 20 minutes.

菜籽餅

白塔油一茶杯、糖兩茶杯、沙特半小匙、雞蛋四個、麵粉六茶杯、○做法、糖與白塔油要打高、又將雞蛋打高、加入、再將麵粉與牛乳漸漸的加入、另將沙特與牛乳調和、加入、不拘那一樣的香粉、亦要加一些、一同調和、放在板上、用桿棒桿薄、將一隻大玻璃杯、倒轉放上、用手按下、即成一圓餅、如剪就的一般、再用小玻璃盞、在中間按下、切去一小圓塊、差不多像一個環的樣兒、然後撮上蛋白、撒上細糖粉、入爐內烘一刻或二十分鐘、就可以吃。

Seed Cakes.

1 cupful of butter, 2 of sugar, 3 eggs, ½ a cupful of seeds, and flour enough to make a stiff paste. Roll very thin with sugar instead of flour on the board, and cut it in rounds. Bake about 15 minutes.

西特糕 是兩種子做

白塔油一茶杯、糖兩茶杯、雞蛋三個、種子半杯、麵粉不拘多少。○做法、將麵粉與白塔油、糖、一同調和、要厚、用桿棒桿薄、桿的時候、板上不要撒麵粉、要撒糖、桿好後、要切成圓餅的式樣。烘的工夫、約一刻鐘。

Yule Cake.

1 lb. butter, 1½ lb. flour, 1 lb. sugar, 2 lbs. currants, 1 glass of brandy, 1 lb. sweetmeats, 2 oz. of sweet almonds, 10 eggs, ¼ oz. of allspice, ¼ oz. of cinnamon. Melt the butter to a cream, and put in the sugar. Stir until light, adding the allspice and cinnamon ; in 15 minutes add the yolks of the eggs, 2 at a time, stirring all the while. Add the whites beaten to a stiff froth. These should be beaten before commencing to make the cake, or the butter will get chilled and the cake will be heavy. Work in the whites gradually, then add the orange peel, lemon, and citron, cut in strips, and the currants, which must be mixed in well, with the sweet almonds ; then add the sifted flour, and brandy. Bake this in a tin hoop, in a hot oven, for 3 hours, and put 12 sheets of paper under it to keep it from burning.

青而糕

白塔油一磅、麵粉一磅半、糖一磅、加蘭子兩磅、李蘭提酒一酒杯、糖菓一磅、杏仁二兩、雞蛋十個、奧而司板司磅秤一兩中四分之一、桂皮也是這樣。○做法、白塔油要烘烊、與糖調和、加上奧而司板司、桂皮、一同調至一刻鐘、將蛋黃兩個加入、調和、再加兩個、再調、再加、再調、至十個蛋黃加完、後將打好的蛋白、慢慢加入。這個蛋白、要打好在前、因爲糕若先做好、後打蛋白、則白塔油要硬、糕做不成了、蛋白加好以後、將糖廣橘皮、糖酸橘皮、糖橙皮、一同切細、放入、再加加蘭子、這個時候、要調的極和、再加杏仁、篩過的麵粉、李蘭提酒、入爐內用旺火烘三點鐘、烘的時候、用淺盆襯紙、疊高十二張、再用馬口鐵做的圈放在紙上、把做好的料物倒在內、就可以烘。

Vennois Cake.

Cut any kind of plain cake into small squares. Cut a small piece from the centre of each square, and fill the cavity with some kind of marmalade or jelly. Replace the crust part that was removed and cover with icing. These cakes are nice for dessert.

佛納糕

不拘那一樣白色的糕、切成小方塊、把中間的用刀切去一些、做成一小方洞、把及立放入、然後將切去的蓋上、上面擠上白的挨愛星、這樣的糕、可以當做小吃、是好一些。

Dominos.

Have any kind of sponge cake baked in a rather thin sheet. Cut this into small oblong pieces, the shape of a domino. Frost the tops and sides of them. When the frosting is hard, draw the black lines and make the dots with a small brush that has been dipped in melted chocolate. These are particularly good for children's parties.

陶沒拿即骨牌

將不拘那一樣做白色糕的料物、倒在淺盆內、要像骨牌一般的厚、入爐內烘好、切成長方塊、如西國骨牌的大小一般。上面與四邊、都要搨上白的挨愛星、待挨愛星發硬後、將敲刻勒脫烘烊、用筆蘸出、在骨牌的中間先描一畫、然後做成一點一點、如牌上的天、地、人、和、一般、這個東西、請小客人用、最是好看。

ICINGS FOR CAKES.

White Icing.

The white of 1 egg, 1 teacupful of powdered sugar, 1 tablespoonful of lemon-juice. Put the white of the egg in a bowl and add the sugar by degrees, beating with a spoon. When all has been added, stir in the lemon-juice. The egg must *not* be beaten until the sugar is added. This gives a smooth, tender frosting, which will cover 1 small sheet of cake. It may be flavored with ½ a teaspoonful of any other essence.

論挨愛星的做法

白的挨愛星

雞蛋白一個、細糖粉一茶杯、酸橘汁一大匙。○做法、蛋白要放在碗內、將細糖粉漸漸的加入、一面加、一面調、調至高、要加橘酸汁在內、做這個、蛋白不可先調、必要在加糖的時候調、則乾後、糕面脆、若是不照這個法則做、必定發硬。以上的料物、是配在一個糕面上用、如有人不喜歡橘汁、可以換別的香水半小匙。

Caramel Icing.

1 cupful brown sugar, 1 square of Baker's chocolate, scraped fine; 1 tablespoonful of water. Simmer gently 20 minutes, being careful not to burn. Spread on the cake while hot.

開來梅而

挨愛星

紅糖一茶杯、若是有垃圾、要細心揀去、敲刻勒脫飽細一小方塊、水一大匙。○做法、將各物一同用慢火煮二十分鐘、要小心、不可以焦、趁熱塌在糕上、就可以了。

Golden Icing.

Into the yolks of 2 eggs stir powdered sugar enough to thicken, and flavor strongly with lemon. This does not have so good a flavor as other kinds of icing, but it makes a change.

金子挨

愛星

雞蛋黃兩個、與細糖粉調至厚、加上臘門香水、多少隨人的喜歡、這個挨愛星、不及白的挨愛星好吃、不過換一些花樣就是了。

Almond Icing for Bridecake.

The whites of 3 eggs, 1 lb. of sweet almonds, 1 lb. of sugar. a little rosewater. Beat the whites of the eggs to a *strong* froth, beat 1 lb. of almonds very fine with a little rosewater. mix the almonds with the

eggs lightly together, and 1 lb. of common white sugar beaten very fine and put in by degrees. When the cake is sufficiently done take it out of the oven, lay the icing on, and then put it back to brown.

放在結親糕上的杏仁挨愛星雞蛋白三個、甜杏仁一磅、猪一磅、薔薇花香水一些。○做法、先將雞蛋白打高、後將杏仁與香水一同捺碎、與打高的蛋白調和、然後將糖一些一些的調在內、這個法則、是要等結親糕烘好、立刻撮上、再入爐內烘黃、就好。

Marking Cake with Chocolate.

Grate some chocolate (as much as you need) and almost as much sugar and just enough water to moisten. Boil till it hardens in cold water. Dip a small brush in the hot mixture and mark. Keep the kettle near the fire while marking.

做黑花的法則將敲刻勒脫飽細、加上糖、糖的多少、要與敲刻勒脫一般、用水一些、調成漿。煮的工夫、沒有一定、煮至放入水內、就發硬的、是好、用的時候、可將筆蘸出在挨愛星上、或描字、或畫花、必須要放在爐邊烘熱、若是冷、則硬、不可以描。

Marking Cakes in Gold.

Bake round cakes for the children, and when the white icing on them is hard, dip a small brush in the yolk of an egg, and write a word or name upon the cake. It pleases the children very much.

做金花的法則先要做好小餅、上面搨好白的挨愛星、待其乾而硬、用筆蘸上蛋黃、在上面或寫字、或畫花、是好看些。這樣的做法、是給小孩子喜歡吃。

SHORT CAKES.

Peach Short Cake.

1 quart of flour, 1 teaspoonful of salt, 2 heaping teaspoonfuls of baking-powder, 2 tablespoonfuls of butter, 1 pint of milk. Sift the flour, salt and powder together, rub in the butter cold; add the milk, and mix into a smooth dough, just soft enough to handle; divide in half, and roll out about 10 inches in diameter; lay one piece on a greased tin and sprinkle a very little flour on it, then lay the other piece on top, and

bake in a hot oven 20 minutes: separate the cake without cutting. Have 2 dozen peaches peeled and cut in slices; use half of them to cover the bottom half of the cake; sprinkle plentifully with sugar and cream; lay on the top half with the crust downwards; use the rest of the fruit to cover it, and sugar plentifully.

論摸脫開克

桃子摸脫開克

麵粉一酔偷、鹽一小匙、陪金揸特兩滿小匙、白塔油兩大匙、牛乳一抛者脫。○做法、麵粉、鹽、陪金抛特、要篩過、將冷的白塔油加入、倒上牛乳、調和、溲好、要不厚不薄。分做兩牙桿薄、做成圓的樣式、對徑要十寸、用烘盆摸上油、先將第一牙放入、敷上一些乾麵、再放上第二牙、入爐內用快火烘二十分鐘。取出、拿去上面一牙、另外要預備熟桃子二十四隻、削去皮、切片、將一半放在下面的一牙上、撒上糖與奶油、再將第二牙覆轉壺上、放餘下的桃子一半在上面、撒上糖、就可以。

Strawberry Short Cake.

Proceed as directed for Peach Short Cake, substituting strawberries for peaches.

楊梅摸脫開克做的法則、是要與上文一樣、不過將桃子換做楊梅、就是了。

DUMPLINGS.

Dumplings for Soup.

1 pint of flour, measured before sifting; 1 teaspoonful of baking-powder, 1 of sugar, ½ a teaspoonful of salt. Mix all thoroughly and sift together. Wet with a small cupful of milk. Sprinkle a little flour on the board. Turn the dough on it and roll to the thickness of ½ an inch, cut in small cakes and cook 10 minutes.

Caution:—The soup must be boiling rapidly when the dumplings are put in; they should not sink too deep in it; they should boil *just* 10 minutes; the cover should fit tightly, so that the steam shall not escape; and the pot should boil all the time.

論屯滾令

鹹的屯滾令

未曾篩過的麵粉一拋音脫、陪金拋特一小匙、糖一小匙、鹽半小匙。○做法、將各物幷和、放在篩內篩過、加入牛乳一小茶杯、溲和、用棒棍至半寸厚、切成小圓餅、放在湯內煮十分鐘。○放在湯內的時候、湯要滾、不能讓他沉下、常要氽在上面、也該煮准十分鐘、不能多、亦不能少。煮的時候、罐要蓋的緊、不使透氣、而且湯要常滾、不能退凉、至煮好爲住。

Apple Dumplings. No. 1.

Make a paste in the following manner :—3 cupfuls of *sifted* flour, ½ cupful of lard, 1½ cupful of butter, ½ a teaspoonful of baking-powder, 1 cupful of water. Cut the lard into the flour sifted with the powder; mix into a paste with the water; place in a cool place for 15 minutes. Meanwhile, press out all the milk and salt from the butter by pressing in a clean wet towel, and flour it. Roll out the dough, place the butter on it, fold the dough over it, roll it out to ½ inch in thickness, turn it over, fold each end to the middle, and roll out. Repeat this 3 times. Then roll it very thin and cut into 8 squares of 4 inches. Peel and core 8 apples. On each piece of paste put 1 apple and fill the centre with sugar. Wet the four corners of the paste, and bring them to the top of the apple and fasten, sift sugar over them, lay on a baking-pan, and bake in a hot oven 25 minutes.

蘋果屯滾令第一法

做這個、必須先做麵皮、用篩好的麵粉三茶杯、猪油半茶杯、白塔油一茶杯半、陪金拋特半小匙、水一茶杯。○做法、將猪油、麵粉、陪金拋特、與水一同調和、放在凉處、一刻鐘、再將白塔油放在乾淨的濕布內、濾去牛乳與鹽、撒上麵粉、將做好的料物、棍至約半寸厚、把白塔油放在上面、摺攏了、再棍、再摺攏、再棍、這樣要棍三次、棍至極薄、用刀切成小方塊、對徑約四寸、這樣一些料物、可以做八塊。另外要預備蘋果八隻、去皮、挖去核、一塊麵皮上、要放蘋果一隻。蘋果挖空之處、要放糖。將麵皮邊上蘸水一些、則包攏的時候、可以粘牢、撒上細糖粉、入爐內烘二十五分鐘、就好。

Apple Dumplings. No. 2.

Make a paste as above, and line 6 well greased cups with the paste, rolled thin. Have 6 apples peeled, cored and sliced, 1 cupful of sugar. Fill the cups with apples and some of the sugar in each. Wet the edges, and cover with more paste. Put them in a shallow pan large enough to contain them, with boiling water to reach half-way up the cups; steam thus 45 minutes; turn out on a dish and sift sugar over them. All dumplings are improved by serving cream with them.

蘋果屯潑令第二法

做麵皮的法則、是與上文一般、用茶杯六隻、搵上白塔油、將麵皮平放在杯內、用手指揍下去、如杯的樣式一般、邊上不齊的、要用剪修去。另用蘋果六隻、去皮核、切片、再用糖一茶杯、蘋果要分放在麵皮內、撒上糖、上面用麵皮一塊做蓋、蓮上水、粘牢、將杯放在滾水內、水的高約與杯一半、隔水燉三刻鐘、後要倒在盆上、撒上細糖粉、就好。吃的時候、要與奶油同吃。

Peach Dumplings.

Proceed as for Apple Dumplings No. 2.

桃子屯潑令

做法。般的一法第二令屯蘋果與潑令、屯桃子潑令是、

Strawberry Dumplings.

Proceed as for Apple Dumplings No. 2.

楊梅屯潑令

做法。一般二法第二令屯蘋果是令、屯楊梅亦潑令與、

MUFFINS, GRIDDLE CAKES, FRITTERS, AND PANCAKES.

English Muffins.

1 quart of flour, 1 teaspoonful of salt, ⅓ of a cake of compressed yeast, or ½ of a cupful of liquid yeast; 1½ cupful of water. Have the water lukewarm. Dissolve the yeast in ½ of a cupful of cold water. Add it and the salt to the warm water, and gradually stir into the flour. Beat the dough thoroughly; cover, and let rise in a warm place about 5 hours. Sprinkle the board with flour. Shape the dough into balls about twice the size of an egg, and then roll each ball into a cake about ½ of an inch thick. Lay these on a warm griddle, which has been

greased, and put the griddle on the back of the stove, where there is not much heat. When the cakes have risen a little, draw the griddle forward and cook them slowly, turning often, to keep the flat shape. It will take about 20 minutes for them to rise on the griddle, and 15 minutes to cook.

論馬非音、煎餅、弗立倫、薄餅、英吉利馬非音

麵粉一跨倫、鹽一小匙、若是乾的酵頭餅、則要用一個餅中三分之一、若是濕的酵頭、則要用一杯中三分之一、熱水一茶杯半、不須太滾、比滾的略溫一些、就是了。○做法、假如用乾的酵頭餅、則要用水一茶杯內三分之一、化開與熱水調和、加上鹽、漸漸的調入麵粉內、要調動不停、蓋好、放在煖處五點鐘。另用板一塊、撒上麵粉、將做好的料物、倒在板上、先分做幾塊、每一塊約如兩個雞蛋大、做成餅、約厚一寸中三分之一、用煎餅的鐵板、擦上油、把餅放上、入爐的後面烘二十分鐘、待其高起、要推往爐內前面熱處、烘十五分鐘、就可以了。烘的時候、不可常在一面、須要換方向、則烘好後、四面都是一般。

Muffins. No. 1.

1 cupful of milk, 1 of flour, 1 teaspoonful of sugar, ½ teaspoonful (scant) of salt, 2 eggs. Beat the eggs light, and add the milk, eggs, salt and sugar. Pour gradually on the flour. Beat till light and smooth. Pour into buttered muffin-pans and bake in a *hot* oven for 20 minutes.

馬非音第一法

牛乳一茶杯、麵粉一茶杯、糖一小匙、鹽小半小匙、雞蛋兩個。○做法、將雞蛋打高、加上牛乳、鹽、糖、調好、漸漸的放入麵粉內、一同調和、用做馬非音的器皿、擦上油、將做好的料物倒在內、入爐內用旺火烘二十分鐘。

Muffins. No. 2.

1 pint of warm milk, ½ a cupful of liquid yeast, or ½ a cake of compressed yeast; 1 quart of flour, 1 tablespoonful of butter, ½ a teaspoonful of salt, and 2 eggs. Beat the eggs well and add them and the salt, butter and yeast to the milk. Stir gradually into the flour. Beat until the batter is light and smooth. Let it rise 4 hours in a warm place. Fill buttered muffin pans ⅔ to the top with the batter, and let them stand until the batter has risen to the brim. Bake 30 minutes.

馬非音第二法

熟牛乳一拋音脫、乾的酵頭餅半個、若是濕的、則用半茶杯、麵粉一誇倫、白塔油一大匙、鹽半小匙、雞蛋兩個。○做法、將蛋打高、加上鹽、白塔油、酵頭、牛乳、調好、漸漸的放在麵粉內、調的極和、不可有塊、放在煖處四點鐘、然後倒在馬非音的器內、不可太滿、約倒三分之二、就整了。再要放在煖處、待其發酵、後入爐內、烘半點鐘。

Corn Muffins.

1 pint of flour, 1 of Indian meal, ½ of a cupful of sugar, 2 teaspoonfuls of baking-powder, 1 pint of milk, 1 tablespoonful of melted butter. Mix the dry ingredients together, and sift them. Beat the eggs light, add the milk to them, and stir into the dry ingredients. Bake 20 minutes in buttered muffin pans. 2 dozen muffins can be made with the quantities given.

珍珠米粉馬非音

麵粉一拋音脫、珍珠米粉一拋音脫、糖一茶杯中三分之一、陪金拋特兩小匙、牛乳一拋音脫、白塔油烘烊一大匙。○做法、將乾的料物、一同拌和、篩過、另將蛋打高、把牛乳加入、然後與乾的料物一同調和、用做馬非音的器皿、揩上油、將料物倒在內、入爐內烘二十分鐘、這樣一些料物、可以做二十四個馬非音。

Fried Indian Muffins.

1 pint of India meal, 1½ pint of *boiling* water, 2 eggs, 1 teaspoonful of salt, 1 tablespoonful of sugar, 1 heaping tablespoonful of flour. Pour the boiling water gradually on the meal, salt and sugar. Beat thoroughly and set away in a cool place. In the morning add the eggs, well beaten, and the flour. Dip a tablespoon in cold milk, fill it with batter, and drop this into boiling fat. Cook 10 minutes.

煎珍珠米粉馬非音

珍珠米粉一拋音脫、滾水一拋音脫半、雞蛋兩個、鹽一小匙、糖一大匙、麵粉一滿大匙。○做法、將滾水倒入珍珠米粉內、要慢、加上糖、鹽、調和、放在冷處。這個是要在將夜的時候做、待至明晨、加入打高的雞蛋與麵粉、一同調和、後用大匙一隻、蘸上冷牛乳、將料物舀出、放在滾油內、汆十分鐘、每一匙、可做一個餅、匙上蘸冷牛乳、是要使料物不粘牢在匙上的意思。

Graham Muffins.

Into a bowl put 1½ pint of graham, ½ cupful of sugar, and 1 teaspoonful of salt. Into a sieve put ½ pint of flour, 2 teaspoonfuls of baking powder. Mix thoroughly with the flour, and sift on to the material in the bowl. Mix all thoroughly while dry, and add 2 well beaten eggs and 1 pint of milk. Fill the muffin-tins about ⅔ to the top, and bake in a quick oven.

麥皮馬非音

外國麥皮一拋音脫半、糖半茶杯、鹽一小匙。○做法、將各物一同放在碗內、調和。另用陪金拋特兩小匙、麵粉半拋音脫、幷和。篩在碗內、與各物調和。後將雞蛋兩個打高、與牛乳一拋音脫、加入、再調和、用做馬非音的器皿、搨上白塔油、把做好的倒在內、不要滿、約厚三分之二、就發了。末後要入爐內用旺火烘熟、就好。

Rye Muffins.

1 pint of rye meal, not flour; 1 pint of wheat flour, 1 pint of milk, ½ cupful of sugar, 1 teaspoonful of salt, 2 teaspoonfuls of baking-powder, and 2 eggs. Put the meal into the mixing bowl. Put the flour and other dry ingredients in a sieve, mix thoroughly, and sift. Beat the eggs light. Add the milk to them and pour on the dry ingredients. Beat well. Butter the muffin tins, fill ⅔ and bake 20 minutes in a quick oven. The quantities given will make 24 muffins. To make a less quantity, divide the dry mixture after it is prepared (it can be used when wanted if kept dry); then halve the other ingredients.

小麥粉馬非音

粗一些的小麥粉一拋音脫、麵粉一拋音脫、牛乳一拋音脫、糖半茶杯、鹽一小匙、陪金拋特兩小匙、雞蛋兩個。○做法、碗內先要放小麥粉、後將各物用篩一同篩在內。另將蛋打高、與牛乳調和、加入、再調和。用做馬非音的器皿、搨上白塔油、把做好的倒在內、約厚三分之二、入爐內用快火烘二十分。這樣一些料物、可以做馬非音二十四個。若是不要多做、可將乾的料物先幷和、後將兩分、用一半、其餘的一半可以存放濕的料物、要另外分。

Raised Corn Cake.

1 pint of Indian meal, 1½ pint of boiling milk or water, 1 tablespoonful of sugar, 2 of butter, 1 egg, 1 teaspoonful of salt, ¼ cupful of liquid yeast or ¼ of a cake of compressed yeast. Pour the boiling milk gradually on the meal, then add the salt, butter and sugar, and beat well. Set away to cool. When lukewarm, add the compressed yeast dissolved in 2 tablespoonfuls of cold water, or the liquid yeast and the egg, well beaten. Let the batter rise 5 hours. Turn into buttered pans to the depth of 2 inches. Let it stand in a warm place for 30 minutes, and then bake it from 80 to 45 minutes.

珍珠米粉餅

珍珠米粉一拋音脫、滾牛乳或滾水一拋音脫半、糖一大匙白塔油兩大匙、雞蛋一個、鹽一小匙、溼的酵頭一茶杯內四分之一、若是乾的酵頭餅、是一個內四分之一。○做法、將牛乳或滾水倒在珍珠米粉內、要慢、一面倒、一面調、加上鹽、白塔油、糖、一同調和、放開、待其有一些冷、把酵頭加入、若是乾的、要用水二大匙化開、溼的不要用水、再將雞蛋打高、加上、放開五點鐘、待其發酵、另用烘盆、搵上白塔油、將料物倒上、約厚二寸、放在煖處、待其再發酵、後入爐內、烘半點或三刻鐘、不一定。

Gems.

1 pint of flour, 1 of milk, 1 egg, ½ teaspoonful of salt. Beat the egg light, add the milk and salt to it, and beat gradually into the flour. Bake 20 minutes in hot gem pans. A dozen cakes can be make with the quantities given.

茄旗斯

麵粉一拋音脫、牛乳一拋音脫、雞蛋一個、鹽半小匙。○做法、蛋要打高、與牛乳、鹽、一同調和、慢慢的倒在麵粉內、再調和、放在做茄旗斯的器皿內、烘二十分鐘。茄旗斯的器皿、先要烘的極熱、搵上白塔油、然後放料物在內。要些料物、可以做茄旗斯十二個。

Hominy Drop Cakes.

1 pint of fresh boiled hominy (or cold hominy may be used; if the latter, break into grains, as lightly as possible, with a fork, and heat in a kettle), 1 tablespoonful of water, 2 eggs—whites and yolks beaten

separately. Stir the yolks into hominy first, then the whites, and a teaspoonful of salt, if the hominy has not been salted in the cooking; or, if it has, use ½ a teaspoonful. Drop in tablespoonfuls on well-buttered tin sheets and bake to a good brown in a quick oven.

和明烘餅 和明的解說是在前珍珠米內

熟而熟的和明一拋音脫、最好是要初煮熟的、若是冷的、要用乂分開、煮熟、好用、水一大匙、雞蛋兩個。○做法、蛋黃與白、要在兩處打高、把蛋黃與和明、水、先調和、然後加上蛋白。煮和明的時候、若是已經加鹽、則可加鹽半小匙、若是沒有加鹽、則要加鹽一小匙、一同調和。另用馬口鐵盆、搨上白塔油、用匙舀出、一匙可以做餅一個、用快火烘黃就好。

Sally Lunn.

1 quart of flour, 1 generous pint of milk, 2 tablespoonfuls of sugar, 2 eggs, 3 tablespoonfuls of butter, 1 teaspoonful of salt, ½ a cake of compressed yeast. Have the milk lukewarm, and add the butter melted; the eggs well beaten; and the yeast, dissolved in 3 tablespoonfuls of cold water. Pour gradually on the flour, and beat into a smooth batter; then add the salt and sugar. Butter baking-pans, and pour in the batter to the depth of about 2 inches. Let it rise 2 hours in a warm place. Bake 30 minutes.

撒里倫

麵粉一誇倫、牛乳一拋音脫、糖兩大匙、雞蛋兩個、白塔油三大匙、鹽一小匙、酵頭餅半個。○做法、將牛乳煮熱、不要滾、白塔油要烘、蛋要打高、一同加在牛乳內、又將酵頭餅用冷水三大匙化開、慢慢的倒在麵粉上、調和。加上鹽、糖、一同調和。用烘盆搨上白塔油、將做好的料物倒在內、約厚二寸、放在煖處兩點鐘、待其發酵。入爐內烘半點鐘。

Waffles.

1 pint of sifted flour, about ⅔ of a pint of milk, 2 eggs, 1 tablespoonful of melted butter, and a little salt. Gradually mix the milk with the flour until there is a smooth paste; then add the salt and butter, and lastly the eggs, beaten very light. Have waffle-irons about as hot as a griddle for cakes, and butter them well, or grease with pork as you would a griddle. Pour in enough of the batter to cover an iron

and put the other side down gently upon it. Keep over the fire about ½ a minute, then turn over and let the other side remain the same time. Remove, and place the waffles where they will keep warm until enough are cooked to serve.

握福面

篩過麵粉一撮音脫、牛乳約一撮音脫中三分之二、與麵粉一同調的薄、雞蛋兩個、白塔油烘烊一大匙、鹽一些。○做法、先將牛乳倒在麵粉內、要慢、加上鹽、白塔油調和、再加打高的蛋、再調和、用做握福而的器皿、要烘的像煎物一般的熱、然後撮上白塔油、或豬油、將料物倒在內、用蓋蓋好、烘約半分鐘、翻轉、再烘約半分鐘、取出、放在熱的地方、待別的都烘好、可以一同吃。

Rice Waffles.

Stir 2 cupfuls of boiled rice into the mixture for waffles. Hominy Waffles can be made in the same way.

米飯握福面

飯兩茶杯、調在握福而的料物內、大概的做法、都與上文一般。另有和明握福而、也是一樣的、不過將麵粉掉換和明兩茶杯、就是了。

Indian Griddle-Cake.

1 cupful of Indian meal, 1 of flour, 3 of boiling milk, 2 eggs, 1 teaspoonful of salt, 1 teaspoonful of baking powder, 2 tablespoonfuls of sugar. Have the milk boiling and gradually pour it on the meal. Put the other dry ingredients with the flour, and rub through a sieve. When the scalded meal is cool, add to it the flour and the eggs well-beaten. Fry.

珍珠米粉煎餅

珍珠米粉一茶杯、麵粉一茶杯、滾牛乳三茶杯、雞蛋兩個、鹽一小匙、糖兩大匙。○做法、滾牛乳要漸漸的倒在珍珠米粉內、將其餘的乾料物、與麵粉拌和、篩過、待珍珠米粉有一些冷、加入乾的料物、再加打高的蛋、一同調和、另用鐵板撮上油、將做好的料物、用大匙舀起、倒在上面煎、每一大匙做一個餅、煎好後、要翻一面、再煎、就好。

Hominy Griddle-Cake.

To a pint of warm boiled hominy add 1 pint of milk or water and 1 pint of flour. Beat 2 or 3 eggs and stir into the batter with a little salt. Fry as any other griddle-cakes. They are delicious.

和明煎餅　熱而熟的和明一拋音脫、牛乳或水一拋音脫、麵粉一拋音脫、雞蛋兩個或是三個、鹽一些。○做法、雞蛋要打高、與各物一同調和、照上文的做法煎。這樣做法、是好吃一些。

Fritter Batter.

1 pint of flour, ½ pint of milk, 1 tablespoonful of salad oil or butter, 1 teaspoonful of salt, 2 eggs. Beat the eggs light. Add the milk and salt to them. Add ½ of this mixture to the flour, and when beaten light and smooth, add the remainder and the oil or butter. Fry in boiling fat. Sprinkle with sugar, and serve on a hot dish. This batter is nice for all kinds of fritters.

弗立倫的法則（弗立倫卽油內汆的餅）　麵粉一拋音脫、牛乳半拋音脫、外國菜油或白塔油一大匙、鹽一小匙、雞蛋兩個。○做法、雞蛋要打高、加入牛乳、鹽、并和、將牛乳的一半、入麵粉內拌和、再加一半、用生菜油或白塔油加入、并和、入滾油內汆黃、就好。吃的時候、若是喜歡甜的、要撒上一些糖、以作好看。用這個做法、不拘甜鹹都可以、不過甜的是要加糖、都要放在熟的盆上吃。

Chicken Fritters.

Cut cold roasted or boiled chicken in small pieces and place in an earthen dish. Season well with salt, pepper and the juice of a fresh lemon. Let the meat stand 1 hour; then make a fritter batter, and stir the pieces into it. Drop, by the spoonful, into the boiling fat, and fry till a light brown. Drain, and serve immediately. Any kind of cold meat, if tender, can be used in this way.

雞弗立倫　吃剩的冷雞、切小塊、放在磁盆內、加上鹽、胡椒粉、斟上酸橘汁、放開約一點鐘。照上文煎餅的法則、將雞肉調在內汆。汆的時候、要用一大匙做一個餅、煎黃就吃。吃的時候、先要放在鐵絲架上濾去油。不拘別樣冷的肉、或是嫩的肉、都可以照這個法則做。

Oyster Fritters.

1 pint of oysters, 2 eggs, 1 pint of flour, 1 heaping teaspoonful of salt, 1 tablespoonful of salad oil, enough water with the oyster liquor to make a ½ pint. Drain and chop the oysters. Add the water and salt to the liquor. Pour part of this on the flour, and when smooth add the remainder. Add the oil and the eggs, well beaten. Stir the oysters into the batter. Drop small spoonfuls of this into boiling fat, and fry until brown. Drain, and serve hot.

蠔房弗立倫

蠔房一拋音脫、雞蛋兩個、麵粉一拋音脫、鹽一小匙、生菜油一大匙。○做法、蠔房要取汁半拋音脫、若是不夠、要加水。蠔房肉要取出、切細。先將汁加上鹽、倒一半在麵粉上拌和、後再倒一半、把生菜油與打過的雞蛋、蠔房肉、加入、并和、入油內汆黃、濾去油、就可以吃、也要熱吃。

Potato Fritters.

1 pint of boiled and mashed potato, ½ cupful of hot milk, 3 tablespoonfuls of butter, 3 of sugar, 2 eggs, a little nutmeg, 1 teaspoonful of salt. Add the milk, butter, sugar and seasoning to the mashed potato, and then add eggs well beaten. Stir until very smooth. Spread, about ½ an inch deep, on a buttered dish, and set away to cool. When cold, cut into squares. Dip in beaten egg and in bread-crumbs, and fry brown in boiling fat. Serve immediately.

山芋弗立倫

熟山芋捺碎一拋音脫、熱牛乳半菜杯、白塔油三大匙、糖三大匙、雞蛋兩個、玉果一些、鹽一小匙。○做法、將牛乳、白塔油、糖、山芋、玉果、鹽、一同并和、加上打過的雞蛋、調和、另外用磁盆、盆內要塗白塔油、將調和的料物、塗在盆上、厚半寸、放開、待冷、後劃方塊、沾上打過的雞蛋、滾上饅頭屑、入滾油內汆黃、趁熱吃。

Fruit Fritters.

Apples, peaches, pears, pineapples, bananas, etc., either fresh or canned, are used for fritters. The fresh fruit should be cut in slices. If you choose, when making fruit fritters, you can add 2 tablespoonfuls of sugar to the batter.

水果弗立倫　不拘蘋果、桃子、生梨、波羅蜜、香蕉等、新鮮或餅內的、都可以用。若是新鮮的、要切片、倫然要甜、可以加糖二大匙。做的法則、是與弗立倫一般、不過是甜的是好。

Cream Fritters.

1 pint of milk, the yolks of 6, and the whites of 2 eggs, 2 tablespoonfuls of sugar, ½ pint of flour, 3 heaping tablespoonfuls of butter, ½ a teaspoonful of salt, a little flavoring. Put half of the milk on to boil and mix the flour to a smooth paste with the other half. When the milk boils stir this into it. Cook for 5 minutes, stiring constantly ; then add the butter, sugar, salt and flavoring. Beat the eggs well, and stir them into the boiling mixture. Cook 1 minute. Butter a shallow pan and pour in the mixture. Have it about ½ an inch deep in the pan. Set away to cool. When cold, cut into small squares. Dip these in the beaten egg and in crumbs, place in the frying basket, and plunge into boiling fat. Fry until brown. Arrange on a hot dish, sprinkle sugar over them and serve *very hot*.

牛乳弗立倫　牛乳一脫音脫、雞蛋黃六個、雞蛋白兩個、糖兩大匙、麵粉半脫音脫、白搽油三滿大匙、鹽半小匙、香水一些。○做法、將牛乳一半煮滾、一半加入麵粉調和、放在熱牛乳中、煮五分鐘、時時調動、不可煮焦。另將白塔油、糖、鹽、香水、打過的雞蛋、一同加入、再煮一歇、用淺盆襯上白塔油、將各物倒在盆內、約厚半寸、待冷、切方塊、沾上打過的雞蛋、滾上饅頭屑、入油內汆、汆的時候、要放在鐵絲做的籃內、恐防撞壞也。吃的時候、要放在熱盆上、撒上白糖、食熱食好。

Pancakes.

Six eggs, a pint of milk, 1 heaping teaspoonful of salt, 1 cupful of flour, 1 tablespoonful of sugar, 1 tablespoonful of melted butter or of salad oil. Beat the eggs very light, and add the milk. Pour ⅓ of this mixture on the flour, and beat until very smooth; then add the remainder and the other ingredients. Heat and butter an omelet-pan. Pour into it a thin layer of the mixture. When brown on one side, turn and brown the other. Roll up, sprinkle with sugar, and serve hot. Or, cover with a thin layer of jelly, and roll. A number of then should be served on one dish.

薄餅

雞蛋六個、牛乳一抛者脫、鹽一滿小匙、麵粉一茶杯、糖一大匙、白塔油烘烊一大匙、如不喜歡、可以換生菜油。○做法、將雞蛋打過、與牛乳幷和。先將三分之一、倒在麵粉上、調和、再倒、再調。倒完後、將各物一同加入、調和。用熬盆烘熱、撮上油、將調和的東西、薄薄的倒上一層、烘至黃、翻過一面、再烘黃、取出、捲攏、撒上糖、就好。另有一法、捲攏的時候、中間放及立、就可以吃。吃的時候、要在盆上多放些。

BREAKFAST AND TEA.

Meat Hash.

Chop rather fine any kind of cold meat, corned beef is, however, the best. To each pint add 1½ pint of cold boiled potatoes, chopped fine; 1 tablespoonful of butter and 1 cupful of stock; or, if no stock is on hand, ¾ of a cupful of hot water. Season with salt and pepper to taste. Put the mixture in a frying-pan and stir over the fire for about 8 minutes, being careful not to burn. Spread smoothly. Cover the pan and set back where the hash will brown slowly. It will take about 30 minutes. When done, fold like an omelet and turn on to a hot dish. Garnish with points of toast and parsley. Serve hot. If there are no cold potatoes the same quantity of hot mashed potatoes may be used.

論早點與晚點

斬細的肉

不拘各樣吃剩熟的冷肉、斬細、如有鹹牛肉、是算最好、假如有牛肉一拋音脫、則須用冷的熟山芋一拋音脫半、捺碎、并和、加上白塔油一大匙、牛肉湯一茶杯、如無有、可用熱水一茶杯內三分之二、再加鹽、胡椒粉一些、一同放入煎盆內、調和、煑八分鐘、要調至煑好爲止、然後要攤平在盆中、放在爐的後面、用蓋蓋好、慢火煑約半點鐘、至黃、取出、捲攏、如雞蛋捲一般、放在熱盆上。四周要放拖司脫、切成斜方塊、與菜葵一同做花。若是沒有吃剩的山芋、則用熱山芋捺碎、亦可以。

Vegetable Hash.

Chop, not very fine, the vegetables left from a boiled dinner, and season with salt and pepper. To each quart of the chopped vegetables add ½ cupful of stock and 1 tablespoonful of butter. Heat slowly in a frying-pan. Turn into a hot dish when done, and serve immediately. If vinegar is liked, 2 or more tablespoonfuls of it can be stirred into the hash while it is heating.

斬細的蔬菜　不拘各樣吃剩的蔬菜、一同斬細、加上鹽、胡椒粉。假如有斬細的蔬菜一碗倫、則要用牛肉湯半茶杯、白塔油一大匙。〇做法、將各物一同并和、放在盆內煎熟、後要倒在熱盆上、就吃。若是喜歡、可以在煎的時候、加上醋兩大匙。

Breaded Sausages.

Wipe the sausages dry. Dip them in beaten eggs and bread-crumbs. Put them in the frying-pan and plunge into boiling fat. Cook 10 minutes. Serve with a garnish of toasted bread and parsley.

煎腰腸　先將腰腸用布揩乾、然後揭上打過的雞蛋、熏上餘頭屑、放在鐵絲籃中、入滾油內汆十分鐘。吃的時候、要裝上菜司脫與菜一同吃。

Lyonnaise Tripe.

About 1 lb. of cooked tripe, cut in small pieces; 2 tablespoonfuls of butter, 1 of chopped onion, 1 of vinegar, salt and pepper. Put the onion and butter in a frying-pan, and when the onion turns yellow, put in the tripe. Cook 5 minutes. Season with the salt, pepper and vinegar. Serve on slices of toast.

煎牛肚　熟的牛肚約一磅、切小塊、白塔油兩大匙、切細葱頭一大匙、醋一大匙、鹽、胡椒粉、一些。〇做法、切細的葱頭要在白塔油內煎黃、後將牛肚放入、煎五分鐘、熏上鹽、胡椒粉、再澆上醋、就好。吃的時候、要放在拖司脫上。

Minced Veal and Eggs.

1 quart of cold veal, chopped rather coarse; 1 teaspoonful of lemon-juice, 1 cupful of stock or water, 2 tablespoonfuls of butter, 1 teaspoonful of flour, salt and pepper. Melt the butter in the frying-pan. Add the flour to it. Stir till smooth, and add the stock and seasoning. When it boils up, add the chopped veal. Heat thoroughly, and dish on slices of toast. Put a dropped egg in the centre of each slice, and serve very hot.

斬細的小牛肉與蛋熟的小牛肉一碗偷斬小塊、酸橘汁一小匙、生肉湯或水一茶杯、白塔油兩大匙、麵粉一小匙、鹽、胡椒粉、一些。○做法、先將白塔油烘烊、加入麵粉、炒至黃、加上湯或水、鹽、胡椒粉、酸橘汁、一同煮滾、然後再加斬好的小牛肉、待其熱、放在拖司脫上、上面要放水沸蛋、每一塊拖司脫、要放一個蛋、吃的時候、要熱、冷則無味。

Chicken Cutlets.

Season pieces of cold chicken or turkey with salt and pepper. Dip in melted butter; let this cool on the meat, and dip in beaten egg and in fine bread-crumbs. Fry in butter till a delicate brown. Serve on slices of hot toast, with either a white (No. 2) or curry (No. 17) sauce poured around. Pieces of cold veal make a nice dish if prepared in this manner.

雞剩脫勒此不拘各樣吃剩的雞或火雞、切成塊、蘸上鹽、胡椒粉、澆上一些烘烊的白塔油、待其冷、再蘸上蛋與桿細的餑頭屑、入油內炙黃。吃的時候、要放在拖司脫上、四周澆上第二號或第十七號的汁、就可以吃。冷的小牛肉、亦可以照這個法則做。

Liver and Bacon.

Cut in thin slices, season with salt and pepper, and cut again into small squares. Place on a skewer pieces of liver and bacon alternately. Fry 5 minutes in boiling fat. Slip off from the skewer on to toasted bread, and serve immediately.

小牛肝和陪根小牛肝先要切薄片、撒上鹽、胡椒粉、再切小方塊。另用猪肉、亦要切小方塊。將竹籤一根、把肝與肉、串在竹籤上、如是一塊肝、一塊肉、放上滾油內、炙五分鐘。吃的時候、要除去竹籤、放在拖司脫上、趁熱就吃。

Ham and Eggs on Toast.

Chop fine the trimmings from cold boiled or roasted ham. Toast and butter slices of bread. Spread the ham on these, and place in the oven for about 3 minutes. Beat 6 eggs with ½ cupful of milk, a little pepper and 1 teaspoonful of salt. Put this mixture in a sauce-pan with

2 tablespoonfuls of butter, and stir over the fire until it begins to thicken. Take off, and beat for a moment; then spread on the ham and toast. Serve immediately.

火腿蛋與拖司脫

熟的火腿肉斬細、拖司脫數塊、鎗上白塔油、把斬細火腿放上、入爐內烘三分鐘。另用雞蛋六個、牛乳半茶杯、鹽一小匙、胡椒粉一些、一同打高。煎盆內先要放白塔油二大匙、把蛋做的料物倒入煎、一面煎、一面打、猶如打高的一般。煎至像豆腐的樣式、要放在每塊拖司脫上的火腿上、就好。

Ham Croquettes.

1 cupful of finely-chopped cooked ham, 1 of bread-crumbs, 2 of hot mashed potatoes, 1 tablespoonful of butter, 3 eggs and a speck of cayenne. Beat the ham, cayenne, butter, and 2 of the eggs into the potatoes. Let the mixture cool slightly, and shape like croquettes. Roll in the bread-crumbs, dip in beaten egg and again in bread-crumbs, put in a frying basket and plunge into boiling fat. Cook 2 minutes. Drain and serve.

火腿做的哭籠開脫

斬細熟火腿肉一茶杯、饅頭屑一茶杯、熟的山芋捺碎兩茶杯、白塔油一大匙、雞蛋三個、紅胡椒粉一些。○做法、將火腿肉、胡椒粉、白塔油、雞蛋兩個、山芋、一同并和、放開、待其冷、有一些硬、放在手中、搓成圓球、滾上饅頭屑、蘸上打過的蛋、再滾饅頭屑、放在鐵絲籃內、入滾油內炙二分鐘。取出、濾去油、放在熱盆上、就好。

Welsh Rare-bit.

½ lb. of cheese, 2 eggs, a speck of cayenne, 1 tablespoonful of butter, 1 teaspoonful of mustard, ½ a teaspoonful of salt, and ½ a cupful of cream. Break the cheese in small pieces and put it and the other ingredients in a sauce-pan, which put in boiling water. Stir until the cheese melts; then spread the mixture on slices of toast. Serve immediately.

威而斯洛雞

欺司半磅、雞蛋兩個、紅胡椒粉一些、白塔油一大匙、芥辣粉一小匙、鹽半小匙、奶油半茶杯。○做法、欺司要切小塊、與別物一同并和、放在淺盆內、盆要長在滾水內、待欺司烊壞、調和、鋪在拖司脫上、就可以吃。

Hominy.

Wash 1 cupful of hominy in 2 waters; then stir it into 1 quart of boiling water, with 1 teaspoonful of salt, and boil from 30 to 60 minutes. The latter time is the better. Be careful that the hominy does not burn. It can be used more than oatmeal, as it is good with any kind of meat. It is appropriate for any meal, and is nice eaten warm or cold with milk.

煮和明的法則

先將和明一茶杯、洗淨、倒去水、再洗淨、後用滾水一勝偷、放入鹽一小點、把和明調在內、最少煮半點鐘、若是煮一點鐘、則更好、煮的時候、要小心、不可以焦、和明的用處、較麥屑是多、因爲可以與各樣肉同吃也、無論冷與熱的和明、都可以與牛奶同吃、不拘早晚、亦可以吃。

Oatmeal.

Oatmeal, Indian meal and hominy need two things for perfection—plenty of water when put on to boil, and a long time for boiling. Have about 2 quarts of boiling water in a large stew-pan, and stir into it 1 cupful of oatmeal which has been wet with cold water. Boil 1 hour, stirring often, and then add ½ a spoonful of salt, and boil 1 hour longer. If it should get too stiff add more *boiling* water; or, if too thin, boil a little longer. You cannot boil too much. The only trouble in cooking oatmeal is that it takes a long time. If there is not an abundance of water at first the oatmeal will not be very good, no matter how much may be added during the cooking.

煮麥屑的法則

麥屑、珍珠米、和明、三樣的煮法、所最要緊的、有兩樣、一、是要放在滾水內煮、水亦要多、二、是煮的工夫要多、煮麥屑的法則、是用滾水兩勝偷、放在罐內、將麥屑一茶杯、先用一些冷水調和、然後放在罐內、煮一點鐘、時時調動、加入鹽半小點、再滾一點鐘、煮的時候、若是厚、則要加滾水一些、如太薄、則煮的工夫要多、但是不可太多、恐怕要壞、煮這個、初起的時候水若太少、則以後雖是加水、終不能如初加的好。

Muscatine.

This is a new form of oatmeal. In reality it is not meal but simply the oats rolled.

To cook it stir a cupful of it, dry, into a quart of boiling water and boil for 20 minutes or longer. This will make a soup-plate full.

嘅司蓋梯咗這個是麥屑一粗、不過較麥屑是粗、不用膠、是用力搓碎的、麥的法則、先放一勝倫水在鑊內煮滾、將乾的嘅司蓋梯咗一茶杯、調入、最少要煮二十分鐘、煮好以後、是有一滿湯盆。

EGGS.

Omelets.

To insure success, have the pan *very hot* and do not put in too much egg at one time, otherwise one part will be cooked hard before the other part is heated through. A pan measuring 8 inches will cook an omelet made with 4 eggs; If more eggs are used, a larger pan is necessary.

論蛋　做蛋捲的法則　若是要蛋捲做的好、須將煎盆烘的極熱、蛋亦不可以多放在上、恐防太厚、則下面雖熟、上面仍是生的、煎盆的直徑、若是有八寸、則可以煎蛋四個、再多、則要用大一些的盆。

Plain Omelet.

4 eggs, 1 teaspoonful of salt, 2 tablespoonfuls of milk, 1 tablespoonful of butter. Beat the eggs light, and add the salt and milk. Have the pan *very hot*. Put in a spoonful of butter and pour in the beaten egg. Shake vigorously on the hottest part of the stove until the egg begins to thicken; then let it stand a few seconds to brown. Run the knife between the omelet and the sides of the pan, fold and turn on a hot dish. Serve without delay.

蛋捲　雞蛋四個、鹽一小匙、牛乳兩大匙、白塔油一大匙。○做法、將雞蛋打高、加入牛乳、鹽。另將煎盆烘的極熱、放上白塔油一大匙、待其烊、就將打高的雞蛋放上、把盆放在最熱之處、搖動、見蛋有一些厚而熟、則不要搖動、待其黃、用刀向四面刮鬆、捲攏、就好。吃的時候、要放在熱盆上。

Ham Omelet.

The same as plain omelet, and add 3 tablespoonfuls of cooked ham, chopped rather fine, as soon as it begins to thicken.

火腿蛋捲　做的法則、是與上文一般、蛋煎熟後、要用斬細的熟火腿肉三大匙、加入、捲攏、就好。

Chicken Omelet.

The same as plain omelet, and, just before folding add 1 cupful of cooked chicken, cut rather fine, and warmed in cream sauce (No. 5).

雞肉蛋捲做法亦與上文一般將斬細的熟雞肉一茶杯用第五號的汁炒熱放在蛋上捲攏放在熱盆上。

Jelly Omelet.

The same as the first omelet and, just before folding, spread with any kind of jelly (currant or grape is the best, however). Fold quickly and serve.

及立蛋捲做法亦與上文一般蛋捲好後中間要放及立捲攏若是用加蘭子或葡萄乾所做的及立是算最好。

Baked Omelet.

1½ pint of milk, 4 eggs, 1 tablespoonful of flour, 1 of butter, 1 teaspoonful of salt. Let the milk come to a boil. Mix the butter and flour together. Pour the boiling milk on the mixture, which then cook 5 minutes, stirring all the while. Put away to cool. When cooled, add the salt and the eggs, the yolks and whites having been beaten separately. Pour into a buttered dish, and bake 20 minutes in a quick oven. Serve at once. The dish should hold a little more than a quart and must be *earthen* ware and not *tin*.

烘蛋捲牛乳一瓢音脫牛雞蛋四個麵粉一大匙白塔油一大匙鹽一小匙○做法先將牛乳煮滾白塔油要與麵粉調和澆上滾牛乳煮五分鐘常要調動放開待其冷一些加入打高的雞蛋鹽一同調和蛋黃與蛋白須要放在兩處打高另將烘盆揩上白塔油把做好的料物倒在內用旺火烘二十分鐘烘好後最好要就吃這個烘盆必須要能放一誇偷多的亦要用磁器做的若是馬口鐵做的切不可用這個雖名烘捲其實並不捲攏不過西國名字是一般叫做喎末脫來

Dropped Eggs.

Have 1 quart of boiling water and 1 tablespoonful of salt in a frying-pan. Break the eggs in a saucer, one by one, and slide carefully into the salted water. Cook until the white is firm, and lift out with a griddle-cake turner and place on toasted bread. Serve immediately.

水沸蛋

煎盆內先要放滾水一酒盃、鹽一大匙、把蛋小心在吃茶的盃子邊上敲碎、倒在盃內、慢慢的卸在水中、則蛋黃可以不碎、一個一個、都要這樣做、要用幾個、放幾個、煮的時候、見蛋白有一些硬、就可以了、煮好後、要用鐵鏟撩起、放在烘好的拖司脫上、一個蛋、要一塊拖司脫。

Scrambled Eggs. No. 1.

4 eggs, 1 tablespoonful of butter, ½ a teaspoonful of salt. Beat the eggs and add the salt to them. Melt the butter in the sauce-pan. Turn in the beaten eggs and stir quickly over a hot fire for 1 minute, and serve.

炒蛋第一法

雞蛋四個、白塔油一大匙、鹽半小匙。○做法、將雞蛋打高、加上鹽。另將白塔油放在煎盆內、待其烊、把打高的雞蛋放入、用旺火炒一分鐘、常要調動、如不調動、必要炒焦。吃的時候、要放在熱盆上、就可以吃。

Poached Eggs. No. 2.

2 eggs, 2 tablespoonfuls of milk, ½ a teaspoonful of salt, ½ a teaspoonful of butter. Beat the eggs, and add the salt and milk. Put the butter in a small sauce-pan, and when it melts add the eggs. Stir over the fire until the mixture thickens, being careful not to let it cook hard. About 2 minutes will cook it. The eggs when done should be soft and creamy. Serve immediately.

炒蛋第二法

雞蛋兩個、牛乳兩大匙、鹽、白塔油、各半小匙。○做法、將蛋打高、加入牛乳、鹽。另將白塔油放在煎盆內、待其烊、把蛋倒在內、用旺火炒約二分鐘、常要調動、至像豆腐一般、就好。這個是要熱吃、冷一些是不好。

Soft Boiled Eggs.

Place the eggs in a warm sauce pan, and *cover* with *boiling* water. Let them stand where they will keep hot, but *not* boil for 10 minutes. This method will cook both whites and yolks.

Another way is to put the eggs in boiling water, and boil 3½ minutes. By this method the white of the egg is hardened so quickly that the heat does not penetrate to the yolk until the last moment, and consequently the white is hard and the yolk hardly cooked enough. The first method is, therefore, the butter.

嫩煮蛋　先將雞蛋放在熱的罐內、澆上滾水、放在熱處、水不可讓其滾、煮十分鐘。這樣做法、蛋黃與蛋白、是一般熟的。另有一法、將蛋放在滾水內、煮三分半鐘。這樣做法、蛋白自熟、蛋黃帶生、所以算第一法、比第二法、是好一些。

Hard Boiled Eggs.

Put the eggs in hot water to cover and boil 20 minutes. 10 minutes makes the yolks hard and soggy; 20 minutes makes them light and mealy. 10 minutes will boil them hard, but they are more digestible when boiled 20 minutes.

老煮蛋　先將蛋浸在熱水內、煮二十分鐘。若是煮十分鐘、則蛋黃帶濕而硬、煮至二十分、則蛋黃乾而鬆。煮十分鐘、是算熟、煮二十分鐘、是算好吃。

Eggs sur le Plat.

Little stone China dishes come expressly for this mode of serving eggs. Heat and butter the dish, and break into it 2 eggs, being careful not to break the yolks. Sprinkle slightly with salt and pepper, and drop on them ½ a teaspoonful of butter, broken in small pieces. Place in a moderately hot oven until the white is set, which will be in about 5 minutes. There should be a dish for each person. The flavor can be changed by sprinkling a little finely chopped ham or parsley on the plate before putting in the eggs.

烘蛋　烘蛋的盆、要用磁器做的、在店內可以買。每一個盆、可以放雞蛋兩個、烘的時候、先要把盆烘熱、搨上白塔油、將蛋兩個倒在內、蛋黃要小心、不可以碎、撒上鹽、胡椒粉、每個盆內、要用白塔油半小匙、切小塊、放在蛋上、入爐內烘約五分鐘、待蛋白有一些硬、就可以吃。吃的時候、一個人必須有一個盆子、若是要做成花樣、可先用斬細的火腿肉、或切細的芫荽、放在盆的底上、將蛋放在上面、照上文所講的法則做與烘、就是了。

ECONOMICAL DISHES.

Beef Stew.

Take the bones and hard tough parts left from a roast of beef. Cut all the meat in small pieces. Cut about a ¼ lb. of the fat of the meat in very small pieces. Fry till it begins to brown; then put in ½ a carrot, 1 small turnip and 2 onions cut fine. Stir over the fire for 10 minutes. Take out the fat and vegetables, and put the bones in the kettle. Add the meat and the cooked vegetables, but not the fat. Dredge well with salt and pepper, and ½ a cupful of flour. Add 3 pints of water, and simmer gently 1 hour; then put in 6 potatoes, pared and cut in slices. Simmer 1 hour longer. Taste to see if it is seasoned enough. Draw forward where it will boil more rapidly. Stir the stew and put in the dumplings. Cook just 10 minutes. The cover of the stew-pan must fit tightly. There should be 2 lbs. of beef for this stew, not counting the bones.

點心食的菜團

燴牛肉

吃剩熟牛肉與骨頭、都有用處。先要將牛肉切好、再將肥牛肉四兩、切好、煎黃、後要將胡蘿蔔半個、白蘿蔔一個、葱頭兩個、一同切細、亦放在內、煎十分鐘。另將骨頭放在鑊內、把切好的肉、與煎好的胡蘿蔔、白蘿蔔、葱頭、除去肥牛肉、一同放在鑊內、撒上鹽、胡椒粉、麵粉半茶杯、加上水三拋音脫、慢火煮一點鐘。另用山芋六隻、去皮、切片、加入、慢火再煮一點鐘、嘗其味、若是淡、要加鹽、放在爐的熱處、用旺火煮一歇、然後將屯瀉令放入、用旺火再煮十分鐘、就好。加屯瀉令的時候、要將鑊蓋緊、不使出氣。這樣的做法、要用牛肉兩磅、骨頭不算在內。

Cold Meat with Purée of Potato.

6 good-sized potatoes, 1 tablespoonful of butter, 1 cupful of boiling milk, salt and pepper to taste. Pare and boil the potatoes, and mash light and fine. Add the butter, seasoning and boiling milk. Beat up light, and spread upon a hot platter. Lay on this slices of any kind of cold meat, and on each slice put a tablespoonful of hot gravy. Put a

little gravy around the dish, and set in the oven for 5 minutes. Garnish with parsley, and serve. If there is no gravy left over from the day before, make a pint in the following manner: Put 1 quart of water with some of the hard pieces and bones of the meat, and boil down to 1 pint. Put 1 tablespoonful of butter in a frying-pan, and, when hot, add 1 tablespoonful of flour. Stir until dark brown, and strain the broth on this. Season with salt, pepper and, if you please, 1 spoonful of Halford sauce.

吃剩的肉與山芋

大一些的山芋六隻、白塔油一大匙、滾牛乳一茶杯、鹽、胡椒粉、一些。○做法、將山芋去皮、煮熟、搽細、加上白塔油、鹽、胡椒粉、滾牛乳、一同打高、塗在熱盆上、把吃剩的冷肉、切薄片、放在上面、每片肉上、要澆熱的肉汁一匙、山芋的四周、亦要澆汁、入爐內烘五分鐘、取出、裝上芫荽一些、就好。若是沒有肉汁、則可用水一酔偷、將吃剩的肉與骨頭、放在內、肉老一些、亦不要緊、入鑵內煮成一抛音脫、另將白塔油放入盆內煎熱、與麵粉一大匙、炒黃、把煮成的汁、用篩濾過、倒入煎盆內、加上鹽、胡椒粉、煮一歇、就好。如有人喜歡、可以加海而福特掃司一匙。

Curry of Cold Meat.

3 tablespoonfuls of butter, 3 teaspoonfuls of flour, 1 onion, 1 teaspoonful of curry powder, salt, pepper, 1 pint of stock or water and about 2 lbs. of any kind of cold meat, cut in thin slices. Put the butter in the frying-pan, and, when hot, add the onion. When the onion turns yellow add the flour and curry powder. Stir 2 minutes, add the stock or water, simmer 5 minutes, and strain on the meat. Simmer all together for 10 minutes. Serve with a border of rice or mashed potatoes.

吃剩的肉做的鳴咧

白塔油三大匙、麵粉三小匙、葱頭一個、鳴咧粉一小匙、鹽、胡椒粉、各一些、牛肉湯或水、一抛音脫、不拘各樣冷肉切薄片、兩磅。○做法、白塔油要放在煎盆內烘熱、將切細的葱頭、煎黃、加入加上麵粉與鳴咧粉、炒二分鐘、將湯或水倒入、煮五分鐘、用篩濾過、倒在冷肉上、一同煮十分鐘、就好。吃的時候、用熱盆、先將山芋或飯放在盆上、做一個圓圈、把做好的料物、放在中間、就是了。

Beef Pie.

Cut the beef in slices; cut 1 onion in very thin slices; lay this in the bottom of the pie-dish; then a layer of beef; dredge in a little flour; then a layer of beef and onion, pepper, salt, and flour, and beef, until the dish is full; then add the cold gravy; if not enough, a little stock or water; scald and peel as many tomatoes as will cover the dish; lay them on pepper, salt, and bread crumbs, a few bits of butter; set it in the oven to brown. By the time the tomatoes are cooked the meat is hot.

If tomatoes are not liked, use potatoes instead in the following manner: Boil 8 or 10 potatoes; mash them fine; add a little salt, ½ a cup of cream or butter; stir this up light; spread it over the pie-dish 1½ inch thick; brush it over with beaten egg, and set in the oven for 30 minutes to brown.

牛肉派愛

冷牛肉不拘、切薄片、大蔥頭一個、切薄片、用做派愛的盆、先放一層葱頭一層牛肉、撒上麵粉一些、再放牛肉、葱頭、各一層、撒上鹽、胡椒粉、麵粉、各一些、再要放牛肉、葱頭、一層一層的把盆子加至差不多滿、倒上一些牛肉汁、如汁不敷、則可加湯或水一些。另用番柿數隻、用熱水泡去皮、放在肉的上面、差不多像一個蓋的樣式、撒上鹽、胡椒粉、饅頭屑、加上白塔油數塊、入爐內烘至番柿烘熟、肉亦熟了。如有人不喜歡番柿、可以用山芋八隻或十隻、煮熟、捺碎、加上鹽一些、奶油或白塔油半茶杯、一同打高、堆在肉上、約厚一寸半、上面攞蛋黃一些、入爐內烘半點鐘、至黃就好。

Chicken Patés.

Cold chicken chopped fine makes a nice salad, but if you have not enough for that, season the chicken with a very little mace, pepper, salt and ½ a cupful of cream. Put it in a sauce-pan and let it get *hot*. Have ready nice paste; line a few patty pans with it and bake them; then fill them with the hot chicken. Slip them out of the pans on to a dish. All these things saved help make a dinner.

雞肉小派愛

熟的冷雞肉斬細、與生菜拌食、是算最好、若是雞肉太少、則可以做小派愛。○做法、將雞肉斬細、撒上梅以司、胡椒粉、鹽、各一些、再加奶油半茶杯、一同調和、放在小罐內煮熟。另將預備好做派愛的麵皮、放在茶杯大的小馬口鐵盆內、先將麵皮烘熟、將煮熟的雞肉放在內、取出之後、就放在熱盆上、就可以吃。

Stuffed Loaf.

Mince what is left of a leg of veal; mix with it pepper, salt, a little mace, and a little onion if preferred. Take a stale baker's loaf and cut a hole about 3 inches square in the bottom of it, and scoop out all the soft (this can be saved for a bread pudding); then after heating the mince in the frying-pan, fill the loaf with it, replace the square piece of crust and tie up; then put the loaf into a frying-pan in hot fat, and turn till all is a dark brown. Garnish and serve.

藏肉饅頭

吃剩的小牛腿肉斬細、撒上鹽、胡椒粉、梅以司、若是喜歡、可以放上一些切細的葱頭。用大而方的饅頭一個、從底下挖一個洞、見方約三寸。挖出的軟饅頭、不要丟棄、可以做饅頭樣定、把斬細的腿肉、放在小罐內煮熟、然後裝入洞內、將挖出的饅頭底蓋上、用線紮好、放在猪油內煎黃。吃的時候、要裝上芫荽一些。

Milk Toast.

Put ½ lb. or less of butter into a pan, dredge on a little flour, and rub it in with a spoon; turn on a teacupful of boiling water, stirring it all the time, then add nearly 1 pint of milk or cream, and stir until it boils up once. Toast the bread a light brown; dip it while it is hot, one piece at a time; lay them in the dish, and over each piece put a large spoonful of the dip. When the dish is filled, pour the dip over the whole.

牛乳拖司脫

白塔油半磅、若是少一些也不妨、放在小罐內、撒上麵粉一些、調和、加上滾水一茶杯、要調動不停、再加牛乳或奶油一拋音脫、調入、待其起初滾。另將烘黃的饅頭、一塊一塊的放在做好的料物內燕濕、後要一塊一塊的排在盆內。再在每塊饅頭上澆做好的料物一大匙、饅頭排好後、要將餘剩的、一并倒上就好。

BREAD.

As bread is one of the most essential articles of food, it is of great importance to have good bread, well baked, as a matter of health and economy as well as pleasure. We cannot expect all this without care and attention. One must have good yeast, good flour and clean strong hands.

論饅頭

饅頭是人所不可少的、所以做法與烘法、都要講明白、若是要饅頭做的好、必須小心三樣要緊的事、第一、酵頭要好、第二、麵粉要好、第三、手要潔淨、最要緊、就是揉麵要用力。

Yeast.

This is the first requisite for good bread. You can buy yeast at the baker's or brewer's, but home-made is better than either.

Take as many dry hops as you can grasp in your hand; put them into a sauce-pan; turn on 2 quarts of boiling water; set them on to boil. In another sauce-pan put 8 or 10 potatoes to boil; when the potatoes are done the hops will be boiled enough. Mash the potatoes fine; add 2 tablespoonfuls of salt; strain the hop-water on to the potatoes; stir in as much flour as will make a thin batter; let it stand to cool; when cool enough to put your hand in, stir in 1 pint of *good* yeast. Set it to rise 5 or 6 hours, or until it is all of a foam, then strain it through a cullender into a stone jug; stop it tight; keep in a cool place. This will keep a week.

As poor yeast is the chief cause of poor bread, pains should be taken to make yeast properly and to keep it well. It must never be allowed to stand in a warm place after it has risen, and the jug in which it is kept should be carefully washed and *scalded* each time the yeast is renewed. As much care should be taken with the stopper as with the jug.

起酵的法則

做饅頭、最要緊的是酵頭、酵頭在店中可以買、然而能自已做、是好一些。○做法、用手撿淮花一把、放在兩誇偷水內煮、另用罐、煮山芋八隻或十隻、待山芋熟、淮花亦熟了、後把山芋剝去水、捺碎、加入鹽二大匙、將淮花

濾去渣、存下的汁、要倒在山芋上、加上一些麵粉、調和、不可太厚、如漿一般、就好了、放開、待其冷一些、放手入內、覺不燙、就加好酵頭一拋音脫、調和、放開五六點鐘、待其發酵、後見上面發出許多白沫、要用漏杓漏過、放在瓦瓶內、把瓶蓋塞緊、不可透氣。放在凉處、可以一個禮拜不壞。若是不好的酵頭、斷不能做好饅頭、大凡酵頭、在發酵的時候、要放在煖處、若是發過酵、又必須放在冷處、如不照此理、必要壞。放酵頭的瓶、要洗的乾淨、若是留一些宿酵頭在內、則容易壞、必須用滾水泡過方可。瓶的塞、也要洗淨、不可齷齪。

For Making Loaf Bread.

Sift the flour into a large dry pan; always sift before using it, it makes it much lighter. It is best to have it ready before beginning any other preparations.

Put into a tin pan 2 quarts of warm water *not hot*; stir in about 1 quart of flour; stir this up with your hands; add 1 cup of yeast, 1 tablespoonful of salt; keep stirring or beating up the mixture; add more flour, working it with both hands, until you get enough to make a smooth light dough. Cover it with a clean cloth and set it to rise in a warm place over night.

In the morning flour the bread-board, turn the dough on to it, and knead it well with both hands. When you put the dough on the board, pat it lightly. Do not *press down*, but let all the motions be as elastic as possible. Knead with the *palms* until the dough is a flat cake, and then fold. Keep doing this until the dough is light and smooth and will not stick to the board or hands. Use as little flour as possible in kneading. Do not stop until you have fully finished, for bread that has "rested" is not good. Milk can be used instead of water in mixing. It should be *scalded* first and then allowed to cool to blood heat. 1 tablespoonful of lard or butter makes the bread tenderer when water is used. When the dough has been kneaded enough, cut it into 2 or 3 loaves and knead each one again. Rub the bread-pans with a little butter, put in the bread, and let it rise 30 to 40 minutes, or till you see it has risen; put it into the oven to bake 45 minutes. When you take it out of the oven turn the loaf over, and strike it with your knuckles; if it makes a ringing sound,

the bread is baked; if not, let it bake 10 or 15 minutes longer. If the crust seems to have baked too hard, take a clean towel, wring it out of cold water, roll the bread in it, and let it remain about 15 minutes. It will cut better when it is cold.

It is better to use butter to rub on the bread-pans, as any other fat might leave an unpleasant flavor on the crust. A small piece of butter warmed in a saucer, and put on to the pans with a clean piece of cloth, is recommended.

做饅頭的法則

麵粉先要篩好、至用的時候、亦要篩過、若是要做饅頭、必定先要預備麵粉。用馬口鐵盆、先放熱水兩誇偷、後加麵粉一誇偷、加的時候、常要用手調動、然後加上酵頭一茶杯、（就是上文所做的）鹽一大匙、一直調至極和、再加乾麵、調至厚、可以在手中拿起、然後用潔淨的布蓋好、放在煖處一夜。至明晨、將做饅頭的板、撒上麵粉、把料物放在板上揉和、揉的時候、不宜用大力、要輕輕的用手心向外揉、至薄、捲攏、再揉、常要照這個法則做、至料物不粘牢在板上、就好了。在揉的時候、切不可多放乾麵、揉麵的工夫、不可停手、要做至好爲住。人若是喜歡、可以用牛乳代水。如用牛乳、則必先將牛乳煮滾、待冷、然後可以用。如用水、須加入猪油或白塔油一大匙、則做好後、饅頭覺得嫩一些。料物若至揉不粘在板上、可以切分兩塊或三塊、一塊就是一個饅頭、另用烘盆撮上白塔油、假如一塊料物、要放在一個烘盆內、放在煖處半點鐘或四十分鐘、待其發酵、入爐內烘三刻鐘、取出時、將饅頭翻轉、用手指節骨在饅頭上敲一敲、其聲音清而脆的、是好、若是不响、則中間是濕、還沒有熟、要再烘十分或一刻鐘、烘好後、如外邊太硬、要用潔淨的布、在冷水內浸濕、瀝乾、包在饅頭上、一刻鐘、就軟一些了。至於烘饅頭的盆、必須要撮白塔油、若用別樣油、是一定不好。最好要用小盆、將白塔油烘烊、用潔淨的布醮出、撮在烘盆上、這樣做法、無論烘各樣東西、多可以、亦必須要用白塔油。

Breakfast or Dinner Rolls.

Take a piece of butter the size of an egg; put it into a pitcher, and turn on a pint of boiling water. Stir this until the butter is melted and then add 1 pint of cold milk. Turn this into a bread-pan; add 3 pints of flour; stir it up; then ½ a cupful of good yeast, ½ a cupful of sugar, and 1 teaspoonful of salt. Stir this briskly, keep adding flour and beating it till it is of good consistency, neither too hard nor too soft, but smooth and light to the hands. Cover it with a cloth (in winter put a piece of woollen cloth over the bread-cloth to keep it warm, that it may rise well). In the morning turn the dough on to the bread-board; knead it well with both hands, and roll it out about 1 inch thick; cut it into equal bits as large as you wish the rolls. Take the bits between your hands and roll, until they are about 6 inches long and 2 wide. Have the bread-pans rubbed with a little butter, lay the rolls in, in even length and shape. Let them rise 1 hour and bake 20 minutes.

When you take the rolls from the oven, and while they are still hot brush them over with a little butter. This adds very much to the appearance, making the rolls look smooth and glossy. These long rolls are nice for breakfast. For dinner make them shorter, about 4 inches by 2 in width.

早飯後或大餐所用的小饅頭

將白塔油一塊、如雞蛋大的、放在滾水一拋音脫調烊、加上冷牛乳一拋音脫、倒在做饅頭的盆內、加麵粉三拋音脫、調和、再加好酵頭半茶杯、糖半茶杯、鹽一小匙、加的時候、要調一面加、一面調、加至有一些厚、可以在手中拿起、就好、切不可太厚、調好後、要用潔淨的布蓋好、若是天冷、可再蓋絨布一塊、待其發酵、這個是要在夜間做、至明晨、放在板上、用手揉堅、將棍棒棍至約一寸厚、切成塊、大小照各人意思、先搓圓、再搓長、闊二寸、長六寸、另將烘盆擦上白塔油、把做好的料物放入、要一般的大小、放在煖處一點鐘、待其再發酵、入爐內烘二十分鐘、取出的時候、就要將一些白塔油快快的擦上、則饅頭發亮、好看、這樣的長短、是預備吃早飯用的、若是吃大餐、則可以短一些、用二寸闊、四寸長、就好了。

Graham Bread.

With this material 2 loaves or 2 dozen muffins can be made; 1 pint of water or milk, 1 of flour, 1 *large* pint of graham, ½ a cupful of yeast, ½ a cupful of sugar, and 1 teaspoonful of salt. Have the milk or water blood-warm, and add the yeast. Sift the flour into a deep dish. Add the milk and yeast, gradually, and beat until wholly smooth. Set in a rather cool place (about 60°) to rise over night. In the morning add the salt and sugar and then the graham, a little at a time, beating vigorously all the while. When thoroughly beaten, turn into pans and let it rise 1 hour in a temperature of from 90° to 100°. Bake 1 hour.

麸皮饅頭

牛乳或水一拋音脫、麵粉一誇偷、外國麸皮一拋音脫、酵頭半茶杯、糖半茶杯、鹽一小匙。○做法、將牛乳或水煮熱、不要滾、加上酵頭、調和、漸漸的加入麵粉、調得極和。不可有塊、放開一夜、待其發酵。放的所在、不可太熱、亦不可太冷、須看寒暑表內六十度是正好。至明晨、加上鹽、糖、麸皮、要慢慢的加、一面加、一面調、要調的極和、然後放在烘盆內、要在熱處、必須熱至一百度是好、待其再發酵、後入爐內烘一點鐘。這樣一些料物、可以做大饅頭兩個、小饅頭二十四個。

Brown Bread.

1 cupful of rye meal, 1 of Indian meal, 1 of molasses, 2 of flour, 1½ pint of sour milk, 1 teaspoonful of soda, 1 egg, 1 teaspoonful of salt. Mix the dry ingredients together. Dissolve the soda in 2 tablespoonfuls of boiling water. Add it and the milk to the molasses. Stir well, and pour on to the other mixed ingredients. Beat the eggs and add it. Mix thoroughly, and pour into a well-buttered tin that holds 2 quarts. Steam 4 hours and then put into the oven for 30 minutes.

黑色的饅頭

小麥粉一茶杯、珍珠米粉一茶杯、糖漿一茶杯、麵粉兩茶杯、酸牛乳一拋音脫半、沙特一小匙、雞蛋一個、鹽一小匙。○做法、將各樣乾的料物、一同幷和、沙特要放在兩大匙滾水內化烊、後加在牛乳與糖漿內、調和、慢慢的加入乾的料物內、再將雞蛋打高、亦加在內、一同調和。另用馬口鐵盆、能容兩誇偷的、擦上白塔油、把做好的料物倒在內、蒸四點鐘、再烘半點鐘。就好了。

PRESERVING.

Preserves should be kept carefully from the air, in a very dry place; if they stand in a warm place they will mould. They should be looked at 2 or 3 times in the first 2 months, that they may be gently boiled again if not likely to keep. It is supposed by some that cheap sugar will do for preserves; this is a mistaken idea; the very best sugar should be used; if cheap sugar is used it should be cleansed and all scum taken off.

In using self-sealing jars great care should be taken. If the work is properly done the fruit can be kept for years. Have a kettle of hot water on the stove beside the preserving kettle, and also a smaller one with hot water. Plunge a jar into the hot water, having the hot water strike both inside and outside of the jar at the same time. If you set it down instead of plunging it, it will break. Put the cover in the smaller kettle of hot water. When the jar is hot lift it up and pour the water from it into the kettle. Stand the jar in the hot water and fill it with the hot fruit from the preserving kettle. Fill to the brim with the hot syrup. Take the cover from the hot water and screw it on very tightly. A large-mouthed tunnel is almost indispensable in the work of preserving.

In case preserve-jars are not to be obtained, salt, raisin and currant bottles can be made use of. In that case, it is necessary to paste some thick paper over the stoppers.

Jellies and jams should be put in tumblers or bowls. A paper should be cut to fit the top, and then wet in brandy, and another paper should be pasted over it. Jelly-tumblers with glass covers are more convenient than the old-fashioned ones, and where they are used the second paper is not necessary. It is best not to cover for some weeks after the jelly is made. If jelly does not seem hard, as it should be the day after it is made, it can be set in the sun for several hours, which will help it greatly.

論糖食

糖食做好後、要放在瓶內蓋緊、不可出氣、亦要放在乾與凉的地方、若放在熱處、則必要壞。做好後、在起初的兩個月內、常要看看、若是起沫、必須再煮、如不煮、則必要壞、過兩月後、就不妨了。有人算爲用次一等的糖是好、其實有大錯、須要用最好的糖、若

是用次一等的糖、則要在煑糖的時候、上面如有垃圾與沫、均要撇去。如要裝在放糖食的瓶內、須要小心、若是放得得法、則可藏放數年不壞。煑糖食的時候、要預備大小罐各一個、都放滾水在內、安在爐上、大罐內煑瓶、小罐內煑瓶蓋、其瓶身要橫轉、快放在滾水內煑、則可免碎、因裡外一般的受熱也、若竪直放、則裡外冷熱不同、必須爆碎、瓶煑熟後、倒去水、趁熱放糖果在瓶中、瓶則仍堅在熱水內、再將糖果的滷汁、用漏斗加滿、把煮熟的瓶蓋、快快的蓋緊就好。若是沒有糖食的瓶、可用醬瓶、或加爾子、或葡萄乾、及各樣大口的瓶、都可以。瓶蓋緊後、要用厚紙塗兩三層、封好、這個不過是做各樣果子的糖食好用。若是做及立與及撾、須要放在杯內或碗內、因倒出是不容易也。放好後、要用白紙一張、剪成圓的樣式、與杯或碗口一樣大、蘸上李蘭提酒蓋上、另用厚紙糊兩三層、封好。若是用有蓋的玻璃杯、是算最好、然而最妙、要過幾天蓋好、則可以硬一些、倘然做的不大硬、則要放在日光裡晒兩三點鐘、則可以硬得快一些。

Strawberries.

To 1 lb. of berries allow ½ lb. of sugar. Put the berries in a kettle and mash them a little, so there will be juice enough to cook them without using water. Stir them to prevent scorching. Cook 15 minutes, then add the sugar, and let them boil hard 1 minute. Put them in the jars as directed. More or less sugar may be used as one prefers.

封楊梅

假如有楊梅一磅、則要用糖半磅。○做法、先將楊梅揉碎、使汁流出、則可以免加水、煑一刻鐘、常常調動、撤上糖、煑一分鐘、待其滾、照上文所講的法則、速即放入瓶內。若是喜歡、則糖可以多放、如不喜歡、則可以減少。

Cherries.

Cherries may be preserved either with or without the stones. Many think the stones give a richer flavor. To 1 lb. of cherries allow ½ lb. of sugar. Put the sugar in the kettle with ¼ a pint of water to 3 lbs. of sugar. Stir it until it is dissolved. When boiling add the cherries, and cook 3 minutes; then put in the jars.

封櫻桃 櫻桃的核、或剝去、或存留、隨各人的喜歡、必過大概人想、是存留的好。假如有櫻桃一磅、則要用糖一磅內三分之一。○做法、先將糖放在罐內、若是糖有三磅、則要用水二兩、一同煮滾、加櫻桃在內、再煮三分鐘、照上文的法則、速即放入瓶內。

Pineapple.

Pare the fruit, and be sure you take out all the eyes and discolored parts. Cut in slices, and cut the slices in small pieces, taking out the core. Weigh the fruit, and put in a pan with ½ as many lbs. of sugar as of fruit. Let it stand over night. In the morning put it over the fire and let it boil rapidly for 1 minute only, as cooking long discolors it. Put it in the jars as directed.

封波羅蜜 先將波羅蜜剝去皮、如有眼、亦要切去、後切片、再切小方塊、中間的心、亦要除去、然後用秤秤之、得多少重。假如有波羅蜜三磅、則糖要用一磅半。○做法、將波羅蜜放在盆內、撒上糖、放開、一夜、至明晨、放入罐內煮滾、後過一分鐘、速即放入瓶內。若是多煮、則顏色變黑、不好看了。

Crab-Apples.

To 1 lb. of fruit allow ½ lb. of sugar, and 1 pint of water to 3 lbs. of sugar. When the syrup is boiling hot, drop in the apples. They will cook very quickly. When they are done, fill the jar with fruit and fill it up with syrup.

封小花紅 假如有小花紅一磅、則用糖半磅、若是有糖三磅、必須用水一拋音脫。○做法、將糖與水煮滾、後將小花紅幾個放入、煮熟、再放幾個、因爲不能一時煮熟也。煮完後、把花紅放在瓶內、將糖漿倒在上面、至滿、就好。

Pears.

Pare the fruit and cut in halves. Throw in cold water, or they will be discolored. Use 1 lb. of sugar to 3 lbs. of fruit, and 1 quart of water for 3 lbs. of sugar. When the syrup is boiling, take the pears from the water, and drop into the syrup. Cook until they can be easily pierced with a fork. Fill the jars with the fruit, and fill up to the brim with syrup, using a small strainer in the tunnel, that the syrup may look clear.

封生梨

生梨每隻切去皮、分兩塊、就要放在水內、若不是這樣、則要發銹難看也。假如有生梨三磅、則要用糖一磅、若是有糖三磅、必須用水一許偷、○做法、糖漿煮滾後、將生梨從水中取出、放在糖漿內、煮至銀叉插入發軟、就好了。生梨放在瓶內的時候、糖漿要先放在篩內濾過、然後倒在上面。

Peaches.

Have ready a kettle of boiling water. Fill a wire basket with peaches and plunge them into the boiling water. In 2 minutes take them out, and the skins will come off easily. Drop the fruit into cold water, to keep the color. For 3 lbs. of fruit use 1 lb. of sugar, and 1 pint of water for 3 lbs. of sugar. When the syrup is boiling hot, take the fruit from the water, and drop into it. Put but a few in at a time, as they cook very quickly. Take them from the syrup, fill the jar, and fill up with strained syrup. Peaches are much nicer preserved whole, as the stones give a rich flavor.

封桃子

先預備滾水一罐、擒好而熟的桃子、放在籃中、浸入滾水內二分鐘、取出、則去皮是容易、皮剝去後、就要放在冷水內、則顏色是好看一些。假如有桃子三磅、則要用糖一磅、若是有糖三磅、必須用水一抛音脫。○做法、糖漿煮滾後、將桃子從水內取出、先放入兩三隻、煮好、再放、不能一同放入、因糖不多也。煮好後、放在瓶內、把糖漿倒滿、就好。若能不除去核、則滋味是好一些。

Brandy-Peaches.

Take off the skins with boiling water. To 1 lb. of fruit allow 1 lb. of sugar, and ½ pint of water to 3 lbs. of sugar. When the syrup is boiling hot, put in the peaches, and as fast as they cook, take them out carefully and spread on platters. When cool, put them in jars, and fill these up with syrup, using ½ syrup and ½ pale brandy.

李蘭提封桃子

桃子可以照上文的做法、用滾水泡去皮、假如有桃子一磅、則要用糖一磅、若是有糖三磅、必須用水半抛音脫。○做法、將糖與水煮滾、把桃子放在內、煮熟、取出、一隻一隻的放在盆上、待其冷、然後裝入瓶內、倒上糖漿與李蘭提酒。若是有一半糖漿、則要加一半李蘭提酒。

Chinese Green Plums.

The hard green plums which are in season in May make excellent tart fruit.

Wash the plums in cold water, half fill your preserving kettle with them, *more* than cover them with cold water, and boil slowly until tender. Do not allow them to cook long enough to break. Then add 1 lb. of sugar to 1 lb. of fruit and juice, and boil slowly 30 minutes. When done fill the jar a little more than half full of fruit and fill to the brim with syrup.

封青梅

用四月內青而脆的梅子、在冷水內洗淨、放在罐內約半罐、用冷水蓋沒、慢火煮酥、切不可煮爛。假如有青梅與汁一磅、則要用糖一磅、再用慢火煮半點鐘、不可煮滾、放在瓶內。若是有青梅半瓶、則要用糖漿半瓶加滿。

Quinces.

Pare and quarter the fruit, and take out all the cores and the hard place around them. Boil the fruit in clear water until tender; then spread it on towels to dry. For 1 lb. of fruit allow ½ lb. of sugar, and 1 pint of water for 3 lbs. of sugar. When the syrup is boiling hot, put in the fruit, and let it cook very slowly; or, set it back on the stove so that it hardly cooks at all, and keep it on for 1 hour or more if you can without its cooking to pieces—as the longer it cooks, the brighter red color it will be. Put in the jars, and strain the syrup over it, as with other fruits.

封木瓜

將木瓜切去皮、剖分四塊、挖去核與子、放在清水內煮酥、後用潔淨的布攤放檯上、把木瓜放上、待其風乾。假如有木瓜一磅、則要用糖半磅、若是有糖三磅、必須用水一拋音脫。○做法、將糖與水煮滾、把木瓜放在內、用極慢的火煮一點鐘、或多一些不妨、要小心、防其煮碎。煮的工夫若是多、則顏色紅而美、不過煮的要極慢、要像不用火燒的一般、放好後、取出、先將木瓜放入瓶內、後將糖漿倒上、加滿、就好。

Grapes.

Squeeze the pulp of the grapes out of the skins. Cook the pulp (a few minutes) until you can press it all through a sieve. Reject the seeds. Add a little water to the skins, and cook until they are quite tender. Then put the skins and pulp together. Measure; and to each pint of fruit add 1 lb. of sugar, and boil 15 minutes.

封葡萄　先將葡萄搾碎、把囊取出、先煮一歇、待其軟、用粗篩篩過、除去核、再將皮煮酥、與囊一同放在糖內。假如有去核的葡萄一拋音脫、則要用糖一磅。一同煮一刻鐘、就好。放入瓶內的法則、是與別的糖果一般。

Strawberry Jam.

For 1 lb. of fruit allow 1 lb. of sugar. Mash the fruit in the kettle. Boil hard for 15 minutes; then add the sugar and boil 5 minutes.

外國楊梅及柳　假如有楊梅一磅、則要用糖一磅。○做法、將楊梅搾碎、放在罐內、用快火煮一刻鐘、加上糖、再煮五分鐘、放在玻璃杯或碗內封好。

Orange Marmalade.

Take equal weights of sour oranges and sugar. Grate the yellow rind from ¼ of the oranges. Cut the fruit in halves at what might be called the "equator." Pick out the pulp, and free it of seeds. Drain off as much of the juice as you conveniently can, and put it on to boil. Skim, and simmer for about 15 minutes; then put in the pulp and grated rind and boil 15 minutes longer. Put away in jelly tumblers.

橘子馬馬來好。　假如酸的廣橘有多少、則糖亦要用多少。○做法、將廣橘皮四分之一細細、後將橘囊橫切、除去核、取出肉、把汁濾出、煮滾、如有沫、要撇去、再煮一刻鐘、要用慢火。然後將肉與飽好的皮放入、用快火煮一刻鐘。速即放在玻璃杯內、用紙封

Grape Jelly.

Mash the grapes in a kettle, put them over the fire, and cook until thoroughly done. Drain through a sieve, but do not press through. To 1 pint of the juice allow 1 lb. of sugar. Boil rapidly for 5 minutes. Add the sugar, and boil rapidly 3 minutes longer.

葡萄及立●　將葡萄放在罐內搾碎、煮熟、用篩濾出汁。濾的時候、不可用力搾、若是有汁一拋音脫、則要用糖一磅。先把汁用旺火煮五分鐘、把糖加入、再用旺火煮三分鐘、照以上的法則、速即放在玻璃杯內、封好、就可以。

Crab-Apple Jelly.

Wash the fruit clean, put in the kettle, cover with water, and boil until thoroughly cooked. Then pour it into the sieve and let it drain. Do not press it through. For 1 pint of this liquor allow 1 lb. of sugar. Boil from 20 to 30 minutes.

花紅及立將花紅洗淨、放在罐內、加水蓋沒、煮熟、倒在篩內、不須按過去、待其汁自濾出、若是有汁一拋音脫、則要用糖一磅。用旺火煮二十分、或三十分鐘、放在玻璃杯內、封好、就可以。

Other Jellies.

Jellies can be made from quinces, peaches, etc. by following the directions for Crab-Apple Jelly.

各物做的及立及立亦可以用各樣果子做成、如桃子、木瓜等類、都可以用。但是做的法則、都要照花紅及立是最好。

PICKLES AND KETCHUP.

Sweet Tomato Pickle.

1 peck of green tomatoes and 6 large onions, sliced. Sprinkle with 1 cupful of salt, and let them stand over night. In the morning drain. Add to the tomatoes 2 quarts of water and 1 quart of vinegar. Boil 15 minutes; then drain again, and throw this vinegar and water away. Add to the pickle 2 lbs. of sugar, 2 quarts of vinegar, 2 tablespoonfuls of clove, 2 of allspice, 2 of ginger, 2 of mustard, 2 of cinnamon, and 1 teaspoonful of cayenne, and boil 15 minutes.

論酸果與醬

甜的酸番柿

青番柿半斗、大葱頭六個、兩樣都要切薄片、放在盆內、撒上鹽。一層番柿、一層鹽、放開一夜、至明晨、倒去水、換上水兩滂偷、加醋一滂偷、煮滾後、再煮一刻鐘、將煮的湯、倒去淨盡、再加糖兩滂偷、醋二斤、丁香兩大匙、奧而司板司兩大匙、薑兩大匙、芥辣粉兩大匙、桂皮兩大匙、紅胡椒粉一小匙、再煮一刻鐘、裝在瓶內封口。

Pickled Cucumbers.

600 small cucumbers, 2 quarts of peppers, 2 quarts of small onions. Make enough brine to cover the pickles, allowing 1 pint of salt to 4 quarts of water, and pour it, boiling, over the pickles. Let them stand until next morning; then pour off the brine, throw it away, and make a new one, and scald again. The third morning scald this same brine and pour it over again. The fourth morning rinse the pickles well in cold water, and cover them with boiling vinegar. Add a little piece of alum and 2 tablespoonfuls each of whole cloves and allspice, tied in a bit of muslin if you like spice.

醋滾黃瓜

小黃瓜六百條、辣椒兩滂偷、小葱頭兩滂偷、要像橄欖一般大的。○做法、各物要用鹽水蓋浸、假如有水四滂偷、則要用鹽一拋音脫、煮滾、倒在各物上、放開、一夜。至明晨、倒去水、再要用滾鹽水倒上、又一夜。至第三日早

晨、將水倒出、倒出的水、再要煮滾、再倒在上、過夜、至第四日、倒去鹽水、另用清水漂過、倒去水、把煮滾的醋倒上、蓋沒、加上白礬一小塊、丁香兩大匙、與而司板司兩大匙、這兩樣、先要在布內包好、然後放在瓶內、一同封好。若是有人不喜歡香料、則可以不用。

Pickled Cauliflowers.

2 cauliflowers cut up; 1 pint of small onions, 3 medium-sized red peppers. Dissolve ½ pint of salt in water enough to cover the vegetables and let these stand over night. In the morning drain them. Heat 2 quarts of vinegar with 4 tablespoonfuls of mustard, until it boils. Add the vegetables, and boil for about 15 minutes, or until a fork can be thrust through the cauliflower.

醃漬花菜

花菜兩棵、切小塊、小葱頭一拋音脫、中等紅辣椒三隻、鹽半拋音脫。○做法、先將鹽放在水內化烊、水不要多、可以蓋沒各物就是了、放開、一夜至明晨、將鹽水倒去、另用醋兩酔倫、芥辣粉四大匙、一同煮滾、後把各物放入、再煮一刻鐘、待其有一些酥、就可以放在瓶內、封好。

Tomato Ketchup.

12 ripe tomatoes, peeled; 2 large onions, 4 green peppers chopped fine; 2 tablespoonfuls of salt, 2 of brown sugar, 2 of ginger, 1 of cinnamon, 1 of mustard, 1 nutmeg grated; 4 cupfuls of vinegar. Boil all together till thoroughly cooked (about 3 hours), stirring frequently; bottle while hot.

番柿醬

熟的番柿十二隻、用滾水泡去皮、大葱頭二個、青辣椒四隻、這兩樣、要切細、鹽、紅糖、薑粉、各兩大匙、桂皮、芥辣粉、各一大匙、飽好肉果一個、醋四茶杯。○做法、將各物并和、煮熟、約三點鐘、常要調動、捻熟、放入瓶內、封好。

Peaches, Pears and Sweet Apples.

For 6 lbs. of fruit use 3 lbs. of sugar, about 5 doz. cloves and 1 pint of vinegar. Into each apple, pear or peach, stick 2 cloves. Have the syrup hot, and cook until tender.

醃桃子生梨蘋果

若是有水果六磅、則要用糖三磅、丁香約六十粒、醋一拋音脫。○做法、每隻水果上、要將丁香兩粒、鑽眼、戳在內。另把糖與醋煮滾、倒在水果上、一同煮熟、封入瓶內。

FOR THE SICK.

Beef Tea.

Cut in small pieces 1 lb. of beef. Put it into an earthen or glass vessel with a little salt and 1 pint of cold water; cover tightly and let it steep 2 hours. Set it to cool a long while, to get off all the fat. Heat it again when wanted. You will have ½ pint of tea.

論病人吃的東西

牛肉羹

牛肉一磅、切小塊、放在大口玻璃瓶或磁器瓶內、加上鹽一些、冷水一拋音脫、將瓶口蓋緊、放在滾水內、燉兩點鐘、倒在碗內、濾去渣、存汁、待其冷、撇去浮油、吃的時候、要熱一熱、就好。這樣的做法、牛肉羹可以共有半拋音脫。

Beef Juice.

Cut 1 lb. of beef into small pieces, put it into a bottle and cork it up; set the bottle into a kettle of cold water; let it stand over the fire until the water boils, and longer if the juice is not all out of the beef. This is for invalids who can take but little liquid at a time, therefore cannot take beef tea. Add a little salt before serving.

牛肉汁

牛肉一磅、切小塊、放在瓶內、將瓶口蓋緊、浸在有冷水的罐內、煮滾、就好。若是肉汁不曾通共煮出、則可以再煮一歇、待其煮出。這樣的汁、是生重病、不能多吃的用的、因爲這個汁、是濃也。吃的時候、要加鹽一些。

Chicken Tea.

Cut up a fowl in small pieces; put it into an earthen vessel, with some salt and 3 pints of water; let it boil 3 hours; strain it; set it to cool 6 or 8 hours; then take off the fat. The tea will be like a jelly. Heat it for use and serve dry toast with it.

雞羹

大雞一隻、切小塊、放在瓶內、加上鹽一些、水三拋音脫、煮滾、再煮三點鐘之久、倒在篩內、濾去渣、放開六點或八點鐘、待其冷、撇去浮油。若是做的得法、是像凍就的一般。吃的時候、再要煮熱、與拖司一同吃。

Calf's Foot Broth.

Take 2 feet, break them up, and put them into a pot with 2 quarts of water, 1 onion, 1 carrot, and a little mace, and salt. Boil it 2 or 3 hours. If the water boils away add more. This will make 1 quart. When it is done, strain it, and add 1 cup of good wine, and 1 teaspoonful of Indian soy if you like it.

小牛腳湯

小牛脚兩隻、洗淨、敲碎、加上水兩磅、葱頭一個、胡蘿蔔一個、梅以司、鹽各一些、一同放在罐內、煮兩三點鐘、可以煮成羹一磅、若是不到一磅、則要加水一些、煮好後、放在篩內、濾好、加上好酒一杯、如喜歡、可以加醬油一小匙、就可以了。

Mutton Broth.

A small scrag of mutton boiled 2 or 3 hours in 2 quarts of water, with a little rice, 1 onion, 1 turnip and a little salt; or without the vegetables.

羊肉羹

羊頸圈肉一塊、用冷水兩磅煮、葱頭一個、白蘿蔔一個、米一些、葱鐘、若是喜歡、可以加鹽一些、若是不要、則葱頭與蘿蔔、可以不用。

To Boil Tapioca and Sago.

Soak 1 cupful in cold water 1 or 2 hours; then wash it out; put it into a saucepan with 1 quart of water; let it boil until the water is absorbed; add a little salt.

煮噠吡嘔格與賽猢的法則

將噠吡嘔格或賽猢一茶杯、放在冷水內、浸一點、或兩點鐘、用清水過好、放在罐內、加水一磅、煮至水乾、加上鹽一些、就好。

A Very Strengthening Drink.

Beat the yolk of a fresh egg, with a little sugar; add a very little brandy; beat the white to a stiff froth, stir it into the yolk; fill up the tumbler with new milk, and grate in a little nutmeg.

最補的喝的東西

最好的雞蛋一個、先將蛋黃與糖一些、一同打高、再加孛蘭提酒一些、後將蛋白打高、放在玻璃杯內、與蛋黃一同調和、再將生乳倒上、要加滿一玻璃杯、撒上一些鮑好的玉果、就好。做這個、最要小心、蛋要新鮮、牛乳亦要新鮮。

Arrowroot.

½ pint of milk; 1 dessertspoonful of arrowroot; sugar to taste. Take care to get the *very best* arrowroot, mixing it with a little cold water until quite smooth. Boil the milk and pour it on the arrowroot, while *boiling hot*, stirring it all the time. Add a lump or two of sugar, and a little lemon-peel.

煮阿羅蘿的法則

牛乳半拋者脫、阿羅蘿一中匙、糖一些、酸橘皮一些、阿羅蘿要買最好的、先將冷水一同調和、不可有塊、後將牛乳煮滾、倒上再調和、加上糖、再加酸橘皮、就好。

Mulled Wine.

Take a bottle of Madeira or sherry wine, 1½ pint of water, and put it to boil in a tea-kettle; while the wine is boiling, beat up the yolks of 12 eggs; add 1 lb. of fine white sugar, and a grated nutmeg; stir it all together; beat the whites to a stiff froth, and beat it into the yolks; when the wine is boiled, hold the kettle as high as possible and turn the wine on, stirring the eggs constantly; then turn it from one pitcher to another until it is all mixed.

調而淮因

墨地利亞酒或舍利酒一瓶、冷水一拋音脫半。○做法、酒與水要放在有嘴的壺內煮滾、滾的時候、將雞蛋黃十二個打高、加入細糖粉一磅、飽好玉果一個、調和。再將蛋白打高、調入、放在舀水瓶內、然後將煮滾的酒與水提高、沖入瓶內、一面沖、一面調。另用一空的舀水瓶、將此瓶倒與彼瓶、更番倒轉、則調和是均勻些。

Milk Punch.

Take 2 spoonfuls of brandy, a little sugar, and ½ a tumbler of hot water; fill it up with milk, and grate in a little nutmeg.

牛乳本屈

孛蘭提酒兩大匙、糖一些、熱水半玻璃杯、一同并和、加上牛乳、倒滿一玻璃杯、撒上一些飽好的玉果、就好。

Wine Whey.

Boil ½ pint of new milk; while it is boiling put in a cup of white wine, stir it up, turn it into a bowl and let it stand about 10 minutes; turn it off from the curd, and flavor it as you like and add sugar as required.

酒會

新鮮牛乳半
拋音脫、煮滾、
滾的時候、要
將一杯外國
白酒倒入、一
同調和、倒在
碗內、放開約
十分鐘、特其
清渾兩分、將
清的汁濾出、
把糖一些放
在汁內、一同
吃、渾的可以
棄去不用。

DRINKS.

To Make Cocoa.

Put a gill of the broken cocoa in a pot with 2 quarts of water, and boil gently 3 hours. There should be 1 quart of liquid in the pot when done. If the boiling has been so rapid that there is not this quantity, add more water, and let it boil up once again. Serve with sugar and milk.

論喝的東西

煮可庫

將敲碎的可庫二兩、放在小罐內、加上水兩碗、用慢火煮三點鐘、煮好後、該有一碗偷、如煮的太快、不到一碗偷、則要加水、再煮一歇、喝的時候、要與茶或加非、一般的用糖與牛乳。

Chocolate.

Scrape fine 1 oz. (1 small square) of any kind of plain chocolate. Add 2 tablespoonfuls of sugar, and put in a sauce-pan with 1 tablespoonful of hot water. Stir over a hot fire till it is smooth and glossy, then stir it all into 1 quart of boiling milk, or half milk and half water. Mix thoroughly and serve at once. If the chocolate is wanted richer take twice as much chocolate, sugar and water. If it is allowed to boil after the chocolate is added to the milk it becomes oily and loses its fine flavor.

敲刺勒脫

將沒有糖的敲刺勒脫一兩、（即一小方塊）飽細、加上糖兩大匙、放在小罐內、再加熱水一大匙、放在火爐上、調成漿、另要預備牛乳一碗偷、或水一撈音脫、牛乳一拋音脫并和、煮滾、將敲刺勒脫放入、調和、就吃。牛乳中間、若是放了敲刺勒脫、切不可再煮滾、因爲煮滾有油要浮起、滋味就不好了。倘然要濃些、可以再加敲刺勒脫一兩、糖兩大匙、熱水一大匙、調好、放入牛乳則不必加。

Coffee.

The coffee must first be well roasted and ground. Most people get it already ground. In that case never purchase in large quantities. Others prefer to get the raw bean and roast and grind as wanted. Two ways will be given for making coffee—Boiling and Steaming.

Directions for Boiling.—1 small cupful of roasted and ground coffee, 1 small egg, shell and all broken into the pot with the dry coffee. Stir well, and then pour on 3 pints of boiling water. Let it boil from 5 to 10 minutes, counting from the time it begins to boil. As soon as it has boiled enough, pour in 1 cupful of cold water, and turn a little of the coffee out, to see the nozzle of the pot is not filled with grounds. Let the coffee stand a few moments to settle, taking care that it does not boil again. By using the whole of the egg the yolk gives a very rich flavor, and when the milk or cream is added the coffee has a rich, yellow look which is pleasing.

Directions for Steamed Coffee.—The coffee is put in a pot and boiling water poured on it. This pot, which is made to fit into a tea-kettle, is placed in the kettle, and the coffee is cooked from 10 to 20 minutes, the water in the kettle boiling all the time. This will make a clear and delicious drink.

加非

做這個、最要緊是將加非豆炒黃、但是不可以焦、入磨內磨碎、就好。大概人買磨碎的、最多不過一弍斤、因爲買的多、若是不用、滋味亦要淡的。也有人喜歡買生的豆、自己炒黃、存放、不拘時候、要用就磨、這個法則、是好一些。做加非有二法、一是煑、二是燉。○煑的法則、先將磨碎的加非一小茶杯、與敲碎的一個小一些的雞蛋、連殼和蛋白蛋黃、一同泮和、澆上滾水三誇偷、煮五分或十分鐘、這個五分或十分鐘、不是在初煑的時候起、是要在煑滾的時候起的、煮好以後、要加入冷水一杯、然後在壺嘴內倒一些出來、恐有加非塞在壺嘴內、用的時候、倒出不便也。做好後、要放一歇、但是不可以再滾。用雞蛋黃、是要使顏色好看、滋味亦是鮮一些。○燉的法則、先將加非放在壺內、澆上滾水、再用大一些的壺、安放滾水、將加非壺放在內、燉十分至二十分鐘、下面的水、要常常煑滾、這樣的做法、加非是清潔、也是好吃。

Tea.

The best kind of a pot for making tea is one of earthenware. Rinse with boiling water and set it for a few moments on the back of the stove to dry. Put in the tea and pour on boiling water and let it stand in a warm place for a few moments, but do not let it boil. For a moderate strength use 1 teaspoonful of tea-leaves to ½ pint of water.

茶

茶壺用瓦器做的、是算最好。先將茶壺用滾水泡過、倒去水、然後將茶葉放入、澆上滾水、大概的法則、茶葉一小匙、要用滾水半拋音脫、這個是不濃不淡的茶。茶泡好後、要放在火爐的熱處、則茶是濃一些。但是不可以再滾、一再滾、就沒有滋味了。

Lemonade.

Good lemonade can be made with ½ pint of lemon-juice (extracted with a squeezer, and strained), 3 pints of water and 1 pint of sugar. Have the drink cold. Hot lemonade is highly recommended for a cold. A glass can be made with the juice of 1 lemon, 1 tablespoonful of sugar and 1 cupful of boiling water. Drink it hot.

脫們愛特

若是要做好吃的脫們愛特、要用酸橘汁半拋音脫、濾過、加入冷水三拋音脫、糖一拋音脫、這個是冷喝的。○若是熱的脫們愛特、用在傷風病的時候、是最好。如做一玻璃杯脫們愛特、要用酸橘汁一隻、糖一大匙、滾水一杯、并和、就好、這個是熱喝的。

HOW

To Blanch Almonds.

Shell the nuts, and pour boiling water over them. Let them stand in the water 1 minute, then throw them into cold water. Rub between the hands.

做雜物的法則 剝杏仁皮法 先將杏仁敲碎、去殼、用滾水泡一分鐘、取出、就浸在冷水內、用手搓、皮就脫落。

To Corn Beef.

For 50 lbs. of beef make a pickle with 2 gallons, 4 lbs. of salt, 1½ lb. of brown sugar, 1½ oz. of saltpetre, ½ oz. soda. Put these ingredients on to boil, and when they boil, skim, and put away to cool. When cold, put the beef in it. Put weights on the meat to keep it under the brine.

鹽鹹牛肉的法則 若是有牛肉五十磅、則要用水兩夾倫、鹽四磅、紅糖一磅半、硝一兩半、沙特半兩、以上五樣、要一同煮滾、撇去浮沫、放開、待冷、然後把牛肉浸在內、用重物壓住、不使浮起。

To Clean English Currants.

Pick all the stones, bits of dirt and long stems from the currants. Add 1 pint of flour to 2 quarts of currants and rub well between the hands. This starts the stems and dirt from the fruit. Put the currants into a sieve and rub them until all the flour has passed through; then put them in the colander and shake until the stems have passed through. When all the fruit has been treated in this manner, put it into a large pan of cold water. Wash thoroughly, and drain. Repeat this operation 3 times. When the fruit is well drained, spread on boards or flat dishes and dry in a warm place. Put away in jars.

收拾加蘭子的法則 先將垃圾與長梗揀淨。若是有加蘭子兩磅倫、則要與麵粉一拋音脫拌和、用手搓、使小梗落下、然後用細篩篩去麵粉、再用粗篩篩去小梗、後用冷水洗淨、濾去水、再洗、再濾、共做三次、攤在板或盆上。放在煖處、待其自乾、用瓶收貯備用。

To Remove Jellies and Creams from Moulds.

Have in a pan water enough (a little more than blood-warm) to come to the top of the mould. If the mould is tin, set it in this for about ½ minute; if earthen, keep it in long enough to have the heat pass through the mould, place over it the dish into which the jelly is to be turned, and turn both dish and mould simultaneously. Let the mould rest a moment before lifting it gently from the jelly.

器內取出及立
與凍的法則

先要預備滾水、將做好及立與凍的器皿浸入、差不多浸至齊器皿的口爲止。若是器皿是馬口鐵做的、則浸半分鐘就好、若是磁器做的、則工夫要多、待裡面有一些熱、在水內取出、然後將吃的盆反合在器皿上、速卽倒轉、略待一歇、等其卸出、揭去器皿、就好。

To Whip Cream.

Very rich or *very* poor cream will not whip well. When too rich it turns to butter, and when too poor the froth becomes liquid almost as soon as it has been skimmed. Thick cream that will hardly pour should have an equal quantity of milk added to it before whipping. The cream should be ice cold. Have a large bowl placed in a pan of ice-water. Have a dish in another pan of ice-water. Put the cream into the bowl. The best thing for beating, of course, is a whip-churn. If you have no churn use the usual instrument for beating the whites of eggs. When the bowl is full, skim the froth into the other dish.

Continue this until all the cream has been whipped. Pour the liquid from the whipped cream and whip it again. When the cream is for whips or garnishes sweeten it, and flavor it with any thing you please, before whipping.

打高奶油
的法則

奶油若是太濃、或太淡、都是難打的、因爲太濃則打高後、要變白塔油、太淡則打不高也、奶油若是太濃、在碗裏差不多倒不出、則要加牛乳充淡、假如有奶油一半、則牛乳亦要加一半、若是太淡、是斷不

能做。打奶油的時候、要冷、所以先要預備冰水兩盆、每盆各放碗一隻。第一碗內、要放奶油、用做就的機器打高、是最好、如沒有機器、祇好用打蛋的法則打。奶油打至起沫、則將沫用匙舀至第二碗內、再打、再舀、做完後、要看第二碗內、若是有澄下的牛乳、要倒出、再打好、就可以用。打好的奶油、倘然用在做點心或是裝花、則要加糖與香水、可以使其甜一些。

To Make and Use a Pastry Bag.

Fold a piece of strong cotton cloth (1 ft. square), from two opposite corners, so as to give it a triangular shape. On one side sew the edges together. Cut the cloth at the apex just enough to permit a short tin tube to be pushed through. The tube for lady-fingers is $\frac{3}{8}$ of an inch and that for meringues and kisses $\frac{1}{8}$ an inch at the smallest opening. The tubes for decorating with frosting are very small.

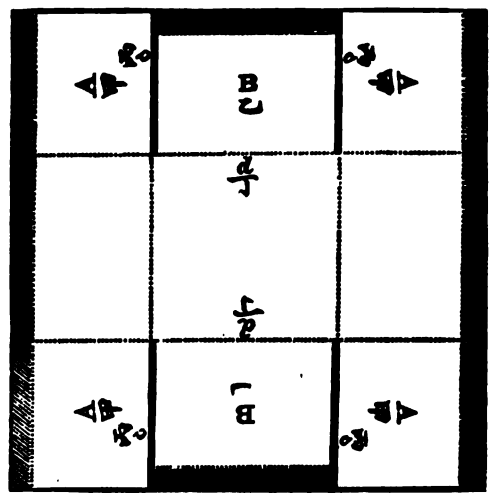
Fill the bag with the mixture to be forced through, and gather the cloth together at the top with the left hand. Hold the point of the tube close to the pan on which the mixture is to be spread. Press the mixture out with the right hand. If the cakes are to be large use a good deal of pressure, but if to be small, a very little will do. At first it will be hard to get the shapes, but with a little practice it will seem comparatively easy.

做小餅或糕上花的袋與用袋的法則

先將厚洋布約一尺方、對摺成三角式、用線縫牢一邊、留其一邊作袋口。尖角處要剪一小洞、恰巧可放一個馬口鐵做的小管、剪好後、要放小管在內、若是要做來台非因掰餅、則要用一寸中八分之三直徑的管。如要做闊連姆梅令掐或閘衰司、則要用半寸直徑的管。若是要做蛋糕上的花、則要用最細的管。做的時候、要將料物放在袋內、把袋擠攏、則料物從管中出來矣。若是要擠出粗一些的、則宜用力、如要擠出細的、則宜輕一些。人起初做這個、不十分好看、須耐性做幾次、練熟就好了。擠出的時候、須要相近盆子、則做花是容易、若提得太高、須防滴出。

To Make Paper Cases.

This is not difficult, if one will carefully study for a moment the diagram below and the following instructions :—



Cut the paper on the dark lines—(there are eight). Crease on every dotted line. At each end turn the parts lettered. A over that lettered B, so that the lines *c* rest on the line *d*, and one A overlaps the other.

Fold the parts B up against the backs of the parts A.

Fold inward those parts of the edges which are heavily shaded, and outward those which are lightly shaded. Stick the parts of the box together with the white of an egg mixed with a little flour.

做紙匣的法則

做這個紙匣、不算爲難、不過要將畫圖看得仔細、解說亦要看得明白。第一要用剪照最黑的線、先行剪開、線共有八條、四條長、四條短。其餘一點一點像串珠似的線、要照線摺攏。兩邊的甲字要向上摺、疊攏在乙字上面、使兩個丙字與丁字、疊在一處、後再將乙字摺上、兩邊都是一般的做法。又將深黑橫線、向裡面摺、淡黑橫線、向外面摺。末後要用蛋白與麵粉、調成漿、粘牢、就好。

To Stew.

The meat and vegetables for stews should, when it is possible, be browned in a little fat, and hot water should then be added. As soon as the stew comes to the boiling point, skim it, and set back where it will just simmer, not boil, the given time. The pieces of meat in a stew should come to the table whole, tender and juicy, and they will be in this condition only with *slow* cooking.

燜肉的法則

最好要將切好的肉與蔬菜先行煎黃然後加上熱水煮滾若是有沫或垃圾要撇去後把鑵移至火爐的後面用慢火煮煮好後肉宜不碎而酥汁宜多這個若要做得好不過有一法祇用慢火來煮若是用快火就不對了

To Braise.

Braising is one of the best modes of preparing meat. There are pans expressly for braising; but any deep tin or sheet-iron pan, with a cover, will answer quite well. The meat to be cooked must always be browned in some kind of fat, the vegetables fried in the same fat, and enough stock (if possible) or water be added to half cover the meat. The pan should then be covered and placed in the oven. The meat must cook *slowly* and thoroughly, and be basted frequented. No matter how tough, if properly braised it will become tender and juicy. If, however, the cooking is hurried the dish will be spoiled.

李來尋的法則

李來尋是算最好的法則但是做這個必要有李來尋的盆如沒有可以用鐵或馬口鐵的深盆代替不過要加蓋做法先將肉在油內煎黃翻轉數次使四周都煎黃了然後將蔬菜放在油內煎至黃加上牛肉湯如沒有湯則加水加湯的時候要加在肉上一半高用蓋蓋好放入爐內要用慢火肉上常要澆湯使其不乾這個法則若是小心做得慢不拘老的肉都可以做得好若是要緊或做的太快就不好了

To Fry.

There are two modes of frying. One is to have just enough fat to prevent the article from burning or sticking; and the other is to have not only enough to cover the food but to float it. The latter is by far the better way, as all the surface of the article is instantly hardened,

and therefore will not absorb fat. It is also the cheaper way, because the fat can be used so many times. If the drippings saved from meats and soups should not be enough for frying purposes, buy pure lard to use with it. Some use suet, but lard is the best kind of fat for frying as it can be brought to a much greater heat without burning.

The fat should heat gradually; and when the food is plunged into it a slight smoke should rise from the *centre*. It will smoke at the sides some time before it has become hot enough for frying. After the food has been put in, let the kettle stand on the hottest part of the stove until it regains its former temperature, and then set it back where it is not quite so hot. In frying fish-balls, doughnuts, etc., put only a few at a time in the boiling fat; then wait a few moments for the fat to regain its former temperature, and put in a few more. Fish-balls are often spoiled by the putting of a great many in the kettle at once. The temperature of the fat is instantly reduced, and the balls absorb the fat. When an article of food is fried, drain the fat from it and lay it on a sheet of brown paper in a warm place. The paper will absorb any fat that may remain on the food. As soon as you are through frying, take the fat from the fire and, when cooled a little, strain it. [*See* Chapter on Care of Food.] If the directions given are followed, there will be no difficulty in having food fried without its being saturated with grease.

煎的法則

煎的法則有兩樣、一、是用油一些、使煎的東西在盆內不粘牢。二、是用油多、使東西汆在油內。然而第二法是勝於第一法、因爲四周一時都煎硬、油不能進肉。而且是省儉一些、煎下的油多、亦可以別用、不比一些油煎過、就廢掉了。不拘烘肉的油、或湯上撇下的油、可以放存、以作煎物的用、若是不敲、可添買猪油一些并和。有人喜歡用生牛油、然而猪油是好一些、因爲生牛油、一熱就要焦黑、猪油是不易焦。不拘煎物的油、都要用慢火煑熱、如見四周有青烟出、則油還沒有熱、若是中間有一些烟出、則熱而好煎了。煎的東西、若是忽然放在油內、則油必有一些冷、所以要等一歇、然後移至火爐的後面、慢慢的煎、則所煎的、可以免焦黑。有人煎魚餅、煎得不好、是爲放得太多、油就冷、油進入餅內、滋味就不好了。煎好的東

西、取出後、要放在紙上、安在熱處、吸去其油。油煎過以後、須待其有一些冷、用篩濾去渣滓、還留已在前面小節已講明了。人肯照以上的法則做、則煎好的東西、油不過在內、而且好吃。倘不是這樣做、必定不好。

To Serve.

The dishes on which meats, fish, jellies and creams are placed should be large enough to leave a margin of an inch or so between the food and the lower edge of the border of the dish.

It is well to pour the sauce for cold puddings around the pudding, especially if there be a contrast of color.

It is a great improvement to have the sauce poured around the article instead of over it, and to have the border of the dish garnished with bits of parsley, celery tops or carrot leaves.

When sauce is poured around meat or fish the dish must be quite hot, or the sauce will cool quickly.

Small rolls or sticks of bread are served with soup. Bread is served with fish usually, but potatoes may also be served.

Butter is not served at more elegant dinners. Two vegetables will be enough in any course. Cold dishes should be very cold, and hot dishes *hot*. It is a good idea to have a dish of sliced lemons for any kind of fish, and especially for those broiled or fried.

Melons, cucumbers and radishes, and tomatoes should all be chilled in the ice-chest before serving. Be particular not to overdo the work of decorating. Even a simple garnish adds much to the appearance of a dish, but too much decoration only injures it. Garnishes should be arranged so as not to interfere with serving.

Potato-balls and thin fried potatoes make a nice garnish for all kinds of fried and broiled meats and fish. Cold boiled beets, carrots and turnips, and hard-boiled eggs, stamped out with a fancy vegetable cutter, make a pretty garnish for cold or hot meats.

Thin slices of toast, cut into triangles, make a good garnish for many dishes. Whipped cream is a delicate garnish for all Bavarian creams, blanc-manges, frozen puddings and ice-creams.

Arrange around jellies or creams a border of any kind of delicate green, like parsley, or of rose leaves, and dot it with bright colors, pinks, geraniums, verbenas or roses. Remember that the green should be dark and the flowers small and bright. A bunch of artificial rose leaves, for decorating dishes of fruit at evening parties, lasts for years. Natural leaves are preferable when they can be obtained.

不拘肉、魚、凍、氷及立、吃的時候、盆須要用大一些的、放在盆內、要離開盆邊的裡口邊、約一寸。○不拘冷樸定的掃司、最好要澆在冷樸定的四周、掃司若能與樸定的顏色兩樣、是算最好。○不拘汁澆在物的四周、是好一些、如要做花、可用旱芹或芫荽、或胡蘿蔔的葉。○澆魚或肉的汁、須要用熱盆、若是冷盆、則就要凍。○吃湯的時候、應該有小圓饅頭、或一根一根的長饅頭。○吃魚、大概與饅頭同吃、若是喜歡、用山芋同吃亦可。○吃麵面的大餐、白塔油不可用、亦不可放在桌上。○若是吃一樣肉、則用兩樣蔬菜、就對了。○盆該用冷的要冷、熱的要熱、不可不冷不熱。○吃魚的時候、最好要有切好的酸橘一盆、若是煎或烤的魚、酸橘是一定要的。○瓜、黃瓜、小紅蘿蔔、番柿、要先放在氷箱內、冷吃。○花不宜裝的多、若是裝的多而遮蓋食物、是不好看、花不宜亂裝、要先想在吃的時候、拿去容易不容易。○若是吃煎或烤的肉與魚、不必用別樣裝花、祇用山芋做的球、或山芋切的薄片、放在油裡汆好的做花、就是了。○煮熟的冷紅菜頭、胡蘿蔔、白蘿蔔、老煮蛋、如切成好看的樣式、亦可以做花、裝在不拘冷與熱的肉上。○拖司切薄片烘好後、若是切成三角式樣、亦可以裝花。○凍與備物鈴閣連碗、或氷及立、要用打高的奶油、裝在四周。○凍與氷及立的四周、若是喜歡、可用芫荽、或薔薇花的葉、襯在底下、上面要放花、或用剪邊蘿、日臘紅、馬鞭草、小薔薇的一類、若是裝這樣的花葉、必須揀的青、花要揀小而鮮艷、倘然沒有、還是不裝的好。○如沒有鮮花、則用假的薔薇花葉亦可、若能小心、可以用的長久。

BILLS OF FARE.

Breakfast.	早餐菜單
1. Fruit	一、果水
2. Oatmeal and Cream ...	二、油奶與屑麥
3. Baked Potatoes, Mutton Chops, Rye Muffins ...	三、烘芋山、排羊、音非馬粉麥小
4. Hominy Griddle-cakes ...	四、餅煎明和
5. Coffee, Tea or Chocolate ...	五、脫勒刺敲或茶或非加

1. Fruit	一、果水
2. Oatmeal and Milk	二、乳牛與屑麥
3. Broiled Ham, Omelet, Potato Puffs	三、圓芋山、捲蛋、腿火烤
4. Graham Muffins, Toast ...	四、脫司拖、音非馬皮麸
5. Indian Griddle-cakes ...	五、餅煎粉米珠珍
6. Coffee or Tea	六、茶或非加

1. Fruit	一、果水
2. Hominy and Milk or Cream	二、油奶或乳牛與明和
3. Minced Veal and Eggs, Mashed Potatoes... ...	三、芋山碎捺、蛋與肉牛小細切
4. Muffins (No. 2) Toast ...	四、脫司拖、法二第音非馬
5. Coffee, Tea or Chocolate ...	五、脫勒刺敲或茶或非加

1. Fruit	一、果水
2. Oatmeal and Milk	二、乳牛與屑麥
3. Breaded Sausages, Scrambled Eggs, Baked Potatoes ...	三、芋山烘、蛋炒、腸臘煎
4. Gems, Toast	四、脫司拖、司姆茄
5. Hominy Griddle-cakes ...	五、餅煎明和
6. Coffee, Tea or Chocolate ...	六、脫勒刺敲或茶或非加

1.	Fruit	、果水、一
2.	Muscatine and Milk or Cream	、油奶或乳牛與哂梯蓋司餅、二
3.	Chicken Cutlets, Liver and Bacon, Stewed or Baked Potatoes	、槐培和肝牛小、此來脫刺雞、三 、芋山烘或煨
4.	Hominy Drop-cakes or Graham Muffins	、音非馬皮麸或餅烘明和、四
5.	Coffee, Chocolate or Tea ...	、茶或脫勒刺敵或非加、五

1.	Fruit	、果水、一
2.	Hominy and Milk or Cream	、油奶或乳牛與明和、二
3.	Ham and Eggs on Toast, French Fried Potatoes ...	、炙西關去、脫司拖與蛋腿火、三 、芋山
4.	English Muffins, Waffles ...	、而碼握、音非馬利吉英、四
5.	Coffee, Chocolate or Tea ...	、茶或脫勒刺敵或非加、五

1.	Fruit	、果水、一
2.	Baked Beans	、豆烘、二
3.	Ham Croquets, Baked Potatoes	、芋山烘、脫開羅哭的做腿火、三
4.	Brown Bread, Indian Griddle-cakes	、餅蔴粉米珠珍、頭發的色黑、四
5.	Coffee, Chocolate or Tea ...	、茶或脫勒刺敵或非加、五

	Tiffin.	單菜飯豐
1.	Giblet Soup	、湯雞雜、一
2.	Boiled Smoked Salmon ...	、魚們熏醃煮、二
3.	Beef Steak with Lyonnaise Potatoes	、斯內屋里芋山、排牛、三
4.	Broiled Pigeons	、子鴿烤、四
5.	Mutton Chops with Spinach	、菜波、排羊、五
6.	Cold Roast Beef, Pickles ...	、菓酸、肉牛冷的烘、六
7.	„ Corned Tongue, Tomato Salad	、突勒撒柿番、舌牛鹹的冷、七
8.	Roast Lamb, Mashed Potatoes	、芋山的碎捺、肉羊小冷的烘、八
9.	Chicken Curry	、咧嘎的做雞、九

10.	Custard Soufflé	、來弗瑣嗒嗯喇、十
11.	Rice Griddle Cakes	、餅煎的做飯、一十
12.	Cheese, Fruit, Tea and Coffee	、非加或茶、果水、司欺、二十

1.	Tomato Soup	、湯柿番、一
2.	Escaloped Fish	、魚燮拉加司愛、二
3.	Veal Cutlets, Mashed Potatoes	的碎捺、此來脫刺肉牛小、三、芋山
4.	Chicken Soufflé, Creamed Potatoes	山煮汁號五第、來弗瑣雞、四、芋
5.	Macaronied Beef, Minced Cabbage	捲的細切、粉心通和肉牛、五、菜心
6.	Fried Chicken, Cauliflower with Cream Sauce ...	、汁號五第和菜花、雞煎、六
7.	Cold Roast Beef, Dressed Celery	、突勒撒芹旱、肉牛冷的烘、七
8.	Corned Beef, Cucumber Pickles	、瓜黃醃、肉牛鹹、八
9.	Pigeons in Jelly	、凍子鴿、九
10.	Shrimp Curry	、咧嗚的做蝦、十
11.	New Bedford Pudding ...	、定模特福曼排乎紐、一十
12.	Corn Muffins	、音非馬粉米珠玆、二十
13.	Cheese, Fruit, Tea and Coffee.	、非加或茶、果水、司欺、三十

1.	Potato Soup	、湯芋山、一
2.	Boiled Mackerel, Parsley Sauce	、司撒荽芫、魚乾馬賓、二
3.	Grilled Steak with Onions ...	、頭葱、排牛烤、三
4.	Mutton Chops, String Beans	、豆刀、排羊、四
5.	Ragout of Mutton, Mashed Potatoes	、芋山的碎捺、肉羊燴、五
6.	Clam Fritters	、倫立弗咪給、六
7.	Cold Roast Beef, Cucumber Salad	突勒撒瓜黃、肉牛冷、七
8.	Cold Roast Mutton, Mint Sauce	、司撒荷薄、肉羊冷、八
9.	Corned Beef, Sweet Potatoes	、芋山圃中、肉羊鹹、九
10.	Chicken Jelly	、凍雞、十

11.	Giblet Curry	、咧嘎的做雜雞、一十
12.	Pancakes	、餅薄、二十
13.	Gems with Cream	、油奶、斯姆茄、三十
14.	Cheese, Fruit, Tea and Coffee.	、非加或茶、果水、司欺、四十

1.	Okra Soup	、湯扣嘍、一
2.	Salt Cod, Egg Sauce (No. 16)	、汁號六十與魚鮫白鹹、二
3.	Grilled Spring Chicken with Rice	、飯、雞嫩烤、三
4.	Fried Sausages, Mashed Potatoes	、芋山的碎捺、腸臘煎、四
5.	Liver and Bacon	、根陪和肝牛小、五
6.	Larded Grouse	、鳩雉烘、六
7.	Cold Roast Beef, Tomato Salad	、突勒撒柿番、肉牛冷的烘、七
8.	Cold Roast Lamb, Mint Sauce	、司捕荷薄、肉羊小冷的烘、八
9.	Baked Pork and Beans ...	、肉猪、豆烘、九
10.	Lamb Curry	、咧嘎的做肉羊小、十
11.	Blanc Mange with Jelly ...	、立及、凍白、一十
12.	Hot Rolls	、頭饅小的熱、二十
13.	Cheese, Fruit, Tea and Coffee	、非加或茶、果水、司欺、三十

1.	Clam Soup	、湯咧蛤、一
2.	Fish Au Gratin	、丁來猞屋魚、二
3.	Stewed Steak with Oysters	、房蠣與排牛、三
4.	Haricot of Ox Tails, Mashed Potatoes	、芋山的碎捺、尾牛燴、四
5.	Lamb Chops with Mushrooms	、菌與排羊小、五
6.	Chicken Fillets Braised, Potato Puffs	、圓芋山、利肺雞尋來孛、六
7.	Cold Roast Beef, Baked Potatoes	、芋山烘、肉牛烘的冷、七
8.	Cold Roast Mutton, Mint Sauce	、司捕荷薄、肉羊烘的冷、八
9.	Lambs' Tongues in Jelly ...	、凍舌羊小、九
10.	White Bait Curry	、咧嘎的做魚條麵、十
11.	Waffles	、而福握、一十
12.	German Puffs	、甫撲曼耳日、二十
13.	Cheese, Fruit, Tea and Coffee	、非加或茶、果水、司欺、三十

Dinners for Twelve.	的吃人個二十單菜餐大
1. Clear Soup (5 pints) ...	、一、清湯五脫音拋
2. Fish (4 or 5 lbs., baked, boiled or escaloped), Bread or Potatoes	、二、魚四磅或磅五、烘拘不、煮頭段、以可都、潑拉加司愛、芋山或
3. Chicken Croquettes or any kind of Patties	、三、雞哭羅開脫小的別或派愛
4. Fillet of Beef, larded (2½ to 3lbs.) with Mushrooms ...	、四、肺利牛肉穿油猪二磅半菌與磅三至
5. Sweetbread (6)	、五、個六油子粟
6. Green Peas (2 qts. if fresh, or 2 cans of French Peas), Potato Puffs	、六、鐵口馬、倫誇二豌小的鮮圓芋山、町兩的內匣
7. Lettuce Salad (French dressing (No. 5), 2 large heads of Lettuce)	、七、菜生的大是、突勒撒菜生醬號五第與棵兩
8. A Cold Pudding, Ice Cream (1 gallon), Cake	、八、夾一立及冰、個一定樸冷糕、倫
9. Crackers, Cheese, Fruit, Coffee.	、九、非加、果水、司欺、乾餅

1. Consommé (5 pints) ...	、一、康沙梅湯五拋音脫
2. Baked Fish (5 lbs.), Hollandaise Sauce (No. 13) (double the rule)	、二、倍兩號三十、磅五魚烘
3. Cheese Soufflé (double the rule)	、三、欺司瑣弗來倍兩
4. Roast Chicken (9 to 12 lbs.)	、四、磅二十或磅九雞烘
5. Mashed Potatoes (12), Green Peas (2 qts. or 2 cans) ...	、五、豌小、隻二十芋山的碎捺、町兩或、倫誇二
6. Celery, Cranberry Jelly ...	、六、立及來孛蘭闊、芹旱
7. Oyster Patties (14) ...	、七、個四十愛派小房蠣
8. Lettuce Salad (2 heads of lettuce with French dressing) (No. 5)	、八、五第與棵兩突勒撒菜生醬號
9. Frozen Pudding (the rule given), Apricot Sauce ...	、九、做子梅黃、個一定樸凍氷的司掃
10. Peach or Strawb. Ice Cream (1 gallon), Sponge Cake	、十、一立及的做梅楊或子桃糕蛋雞、倫夾
11. Cheese, Fruit, Coffee ...	、一十、非加、果水、司欺

1.	Oyster Soup (2 quarts) ...	一、倫敦二湯房蠔
2.	Smelts *à la Tartare* (3 doz.)	二、條六十三汁倫太和魚條鰶
3.	Braised Tongue, Piquante Sauce (No. 18)	三、汁號八十與舌牛蓉來孛
4.	Cutlets *à la Duchesse* ...	四、斯風特拉挨此來脫刺
5.	Beef Olives	五、捲肉牛
6.	Roast Leg of Mutton ...	六、腿羊烘
7.	Roast Goose, Apple Sauce...	七、鵝烘、醬的做果蘋
8.	Mashed Potatoes	八、芋山碎捺
9.	Baked Sweet Potatoes ...	九、芋山圓中烘
10.	Mashed Turnips	十、蔔羅白碎捺
11.	Spinach	一十、菜菠
12.	Beef Curry	二十、咖嘓的做肉牛
13.	Cabinet Pudding	三十、定模脫乃勃開
14.	Charlotte Russe	四十、司羅脫羅楷
15.	Lemon Pie	五十、愛派的做檸酸
16.	Fruit Fritters, Cheese, Fruit, Coffee	六十、果水、司耽、倫立弗果水、非加

1.	Giblet Soup	一、湯綠雞
2.	Boiled Cod with Lobster Sauce (No. 14)	二、汁號四十第與魚鱈白煮
3.	Fillet of Beef, *à la Hollandaise*	三、頭侖好拉挨肉牛利肺
4.	Veal Cutlets, Tomato Sauce (No. 19)	四、十第與此勒脫刺肉牛小汁號九
5.	Lamb Chops with Mushrooms	五、菌與此來脫刺肉羊小
6.	Saddle of Mutton, Baked Potatoes	六、芋山烘膊羊
7.	Boiled Fowl and Macaroni...	七、粉心通和雞煮
8.	Lyonnaise Potatoes ...	八、斯內屋里芋山
9.	Fried Sweet Potatoes ...	九、芋山國中煎
10.	Stewed Celery with Cream Sauce (No. 5)	十、汁號五第與芹旱
11.	Pickled Beets	一十、頭菜紅浸醋
12.	Veal Curry	二十、咖嘓的做肉牛小
13.	Bird's-nest Pudding ...	三十、定模巢鳥
14.	Apple Pie	四十、愛派果蘋
15.	Vanilla Ice Cream	五十、立及冰勒尼佛

16. Assorted Cake, Cheese and Crackers, Fruit, Coffee ... } 、果水、乾餅、司歎、糕樣各、六十、非加

Game Dinner. 單菜餐大味野

1. Meg Merrilies Soup ... 、湯司利勒埋猫埋、一
2. Stewed Terrapin, Turtle Steak 、骨排魚脚、魚脚煨、二
3. Larded Grouse, Bread Sauce (No. 22) and Crumbs ... } 和汁號二十二與鳩雉烘、三、屑頭饅
4. Broiled Quail on Toast, Currant Jelly ... ... } 加、上脫司拖在放鶉鵪烤、四、立及子蘭
5. Roast Loin or Leg of Venison, Game Sauce (No. 21 or No. 22) ... ... } 一十二與窩腰或腿鹿烘、五、汁號二十二或號
6. Roast Ducks, Chestnut Sauce (No. 8.) ... ... } 、汁號八第與鴨野烘、六
7. Escaloped Tomato ... ... 、柿番潑拉加司愛、七
8. Potato Croquettes ... ... 、脫開羅突芋山、八
9. Cauliflower, Cream Sauce (No. 5) ... ... } 、汁號五第與菜花、九
10. Potatoes *à la Parisienne* ... 、尋黎巴拉挨芋山、十
11. Dressed Celery ... ... 、芹旱的淨洗、一十
12. Lemon Ice ... ... 、汁橘酸凍冰、二十
13. Charlotte Russe ... ... 、司羅脫羅楷、三十
14. Nesselrode Pudding, Crackers and Cheese, Fruit, Coffee } 歎、乾餅、定樸疊羅失奈、四十、非加、果水、司

Supper for Fifty. 的吃人個十五單菜夜消

Boned Turkey (1), Tongue in Jelly (2), Chicken Salad (6 qts.), Escaloped Oysters (6 qts.), Olives (2 qts.), Small Rolls, buttered (100), Sardine Sandwiches (50), Jelly (4 moulds), Orange Bavarian Cream (4 moulds), Frozen Pudding (3 gal.), Chocolate Ice Cream (2 gal.), Vanilla Ice Cream (10 qts.), Bisque (10 qts.), Mixed Cake (3 baskets), Coffee (12 qts).

兩凍的做舌牛、隻一雞火的骨出潑拉加司愛、偷誇六突勒撒雞、個白上撚、偷誇二攪橄、偷誇六房蠣魚定泗、個百一頭饅圓小的油塔橘、個四凍、塊十五屈回特山的敘定樸凍冰、個四姆連闊鈴物備子、偷夾二立及冰脫勒刻敲、偷夾三冰克司別、偷誇十立及冰勒尼佛十非加、盆三糕樣各、偷誇十立及、偷誇二

Children's Party for Fifty. 的吃孩小個十五單菜人客小

Chicken Sandwiches (50), Tongue Sandwiches (50), Buttered Rolls (75), Buttered Slices of Bread (100), Richmond Maids of Honor (50), Cream Méringues (50), Dominos and other small Cakes, Vanilla and Lemon Ice Cream (2 gal. each), Candies and Fruit. The meat for the Sandwiches should be chopped fine. The Rolls must be small, the Buttered Bread cut in thin slices and two slices be put together and then cut in long strips or little squares.

做舌牛、塊十五屈回特山的做雞油塔白上攤、塊十五屈回特山的塔白上攤、個五十七頭饅圓小的乞立兒、片百一頭饅的片薄切油姆連闊、個十五那挨夫惡特梅門小樣別與拿沒陶、個十五擱令梅及氷的做橘酸立及氷勒尼佛、糕樣各的歡喜孩小、倫夾二樣每立得斬要肉的屈回特山做、果水、褥片頭饅、小得做要頭饅圓小、細極塔白將、片一做幷片兩、薄得切要方小切以可後攤幷、間中在放油、塊方長小或、塊

Family Dinners. 單菜用家

1. Ox-tail Soup ... ... 、湯尾牛、一
2. Broiled Mackerel ... ... 、魚乾焉烤、二
3. Fricandeau of Veal ... 、團鉛利勿肉牛小、三
4. Mashed Potatoes, Spinach... 、菜菠、芋山的碎捺、四
5. Lettuce Salad or Beef Curry 、唎嘻肉牛或突勒撒菜生、五
6. Cabinet Pudding, Crackers and Cheese, Fruit, Coffee 、司歎與乾餅、定樸脫乃勃開、六、非加、果水

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1. Potato Soup ... ... 、湯芋山、一
2. Boiled Cod, Lobster Sauce (No. 14) ... ... 、汁號四十與魚鱈白煮、二
3. Beef Pie, or Braised Beef ... 、肉牛蓉來孛或愛派肉牛、三
4. The Vegetable in season at the time, Baked Potatoes 、芋山烘、菜蔬鮮新時隨、四
5. Chicken Curry ... ... 、唎嘻的做雞、五
6. Chocolate Blanc-Mange, Cheese, Fruit, Coffee ... 加、果水、司歎、凍脫勒刺敲、六、非

1.	Cream of Celery Soup ...	、湯芹旱、一
2.	Salmon, White Sauce (No. 2)	、汁號二第與魚們撒、二
3.	Braised Tongue	、舌牛蓐來孛、三
4.	Stewed Tomatoes, Fried Potatoes	、芋山煎、柿番煨、四
5.	Ground Rice Pudding ...	、定樸粉米、五

1.	Giblet Soup	、湯雜雞、一
2.	Roast Beef	、肉牛烘、二
3.	Potatoes, Yorkshire Pudding, Squash	、瓜飯、定樸罅克瑤、芋山、三
4.	Cabbage Salad	、突勒撒菜、四
5.	Lemon Sponge	、屈本司橘酸、五

1.	Tomato Soup	、湯柿番、一
2.	Escaloped Fish	、魚濺拉加司愛、二
3.	Fricandeau of Veal ...	、團鉛利勿肉牛小、三
4.	Baked Potatoes, Shelled Beans	、豆的壳去、芋山烘、四
5.	Strawberry Ice Cream, Cake	、糕、立及氷梅揚、五

1.	Vegetable Soup	、湯菜蔬、一
2.	Roast Lamb, Mint Sauce ...	、司捲荷薄、腿羊小烘、二
3.	Potato Croquettes, Green Peas	、豌小、脫開羅哭芋山、三
4.	Cucumber Salad	、突勒撒瓜黃、四
5.	Apple Porcupine	、愛派刻池果蘋、五

1.	Okra Soup	、湯扣嘍、一
2.	Baked Fish, Tomato Sauce (No. 19)	、汁號九十第與魚烘、二
3.	Irish Stew	、肉羊煨、三
4.	Green Peas, Fried Egg Plant	、子茄煎、豌小、四
5.	Peach Pudding	、定樸子桃、五

1.	Macaroni Soup	、湯粉心通、一
2.	Boiled Fish, Egg Sauce (No. 16)	、汁號六十第與魚煮、二
3.	Roast Duck, Game Sauce (No. 22)	、汁號二十二第與鴨烘、三
4.	Stuffed Onions, French Fried Potatoes	、芋山煎西蘭法、頭葱肉藏、四
5.	Eve's Pudding, Wine Sauce	、司掃酒與定樸扶依、五

1.	Fried Fish	、魚煎、一
2.	Boiled Fowl with Macaroni	、粉心通和雞煮、二
3.	Boiled Potatoes, Escaloped Cauliflower	、菜花濺拉加司愛、芋山煮、三
4.	Lemon Pie...	、愛派橘酸、四

1.	Oyster Soup	、湯房蠣、一
2.	Baked Fish	、魚烘、二
3.	Cold Roast Beef with Purée of Potatoes	、芋山與肉牛烘的剩吃、三
4.	Stewed Tomatoes, Boiled Macaroni...	、粉心通煮、柿番煨、四
5.	Ice Cream, Cake	、糕、立及冰、五

1.	Mulligatawney Soup ...	、湯咖嘻、一
2.	Roast Chicken, Currant Jelly	、立及子蘭加、雞烘、二
3.	Potato Puffs, Asparagus with Cream Sauce (No. 5) ...	、汁號五第相菜蘇龍、圓芋山、三
4.	Cottage Budding	、定樸其退考、四

1.	Asparagus Soup	、湯菜蘇龍、一
2.	Boiled Fish, *Maître d'Hôtel* Butter (No. 12)	、汁號二十第與魚煮、二
3.	Veal Cutlets, White Sauce (No. 2)	、汁號二第與此來脫刻肉牛小、三
4.	Mashed Potatoes, Green Peas, Dressed Cucumbers	、薯的好切、豌小、芋山的碎捺、四、瓜
5.	Charlotte Russe	、司羅脫羅槽、五

1.	Clear Soup	一、湯清
2.	Salmon, White Sauce (No. 2)	二、汁號二第與魚們撒
3.	Leg of Lamb, *à la Française*	三、腿羊小的法做西蘭法
4.	Green Peas, Potatoes, Rice Croquettes	四、脫開羅哭飯米、芋山、豌小
5.	Lettuce Salad	五、突勒撒菜生
6.	Strawberry Bavarian Cream	六、撻連闊鈴物備梅楊

1.	Green Pea Soup	一、湯豌小
2.	Braised Fillet of Beef ...	二、肉牛利肺尋來孛
3.	Potatoes *à la Parisienne*, String Beans	三、豆刀、尋黎巴拉挨芋山
4.	Lobster Salad	四、突勒撒蝦龍
5.	Frozen Pudding, Cake ...	五、糕、定樸凍氷

1.	White Bean Soup	一、湯豆白
2.	Baked Fish, Hollandaise Sauce (No. 13)	二、汁號三十第與魚烘
3.	Haricot of Ox Tails ...	三、尾牛煨
4.	Broiled Potatoes, Stewed Celery with Cream Sauce (No. 5)	四、汁號五第和芹旱、芋山烤
5.	Chicken Curry	五、咧嘰的做雞
6.	Custard Soufflé	六、來弗瑣嗒嗯喇

1.	Fish Chowder	一、魚豆楷
2.	Braised Beef	二、肉牛尋來孛
3.	Macaroni with Tomato Sauce, Baked Sweet Potatoes ...	三、中烘、汁號九十第和粉心通、芋山圃
4.	Oyster Salad	四、突勒撒房蠣
5.	Cabinet Pudding, Creamy Sauce	五、司撻蜜連闊、定樸脫乃勒開

1.	Fried Soles...	一、魚擺風煎
2.	Beef Stew with Dumplings	二、今滾屯與肉牛煨
3.	Mutton Cutlets, Tomato Sauce (No. 19), Thin Fried Potatoes	三、羊肉刻脫來此與九十號汁、片芋山煎生

4. Vegetable Salad ... ... 、四、突勒撒菜
5. Blanc-mange with Cream ... 、五、乳牛與凍白

1. Cream of Celery Soup ... 、一、湯芹旱
2. Cod, *à la Crème* ... ... 、二、白鱈魚和牛乳湯
3. Roast Leg of Mutton, Currant Jelly ... ... 、三、烘羊腿、加蘭子及立
4. Potatoes, Mashed Turnip ... 、四、葡蘿白的碎搗、芋山
5. Dutch Apple Pudding ... 、五、定模果蘋、

Glossary. 解註

Alspice	司板司而奧	Cinnamon	皮桂
Apples, California	果蘋國外	Clams	蜊蛤
,, Chinese	果蘋國中	Cloves	香丁
Apricots	子梅黃	Cod Fish	魚鱈白
Artichokes	芳芋國外	Corn	米珠珍
Asparagus	菜蘆龍	Corned Beef	肉牛鹹
Bake	烘	Cream	油奶
Bananas	蕉香	Crab Apples	查山
Beef	肉牛	Curry	粉咧嘎
Beetroot	頭菜紅	Dates	棗蜜
Boil	煮	Deer	鹿
Braise	焐來孛	Duck, wild	鴨野
Bread	頭饅	Fowls	雞
Broil	烤	Fig	果花無
Butter	油塔白	French Beans	豆國西關法
Cabbage, Foreign	菜心捲	Fry	放
,, Shantung	菜芽黃	Geese, tame	鵝
Carrots	蔔蘿胡	,, wild	鵝野
Catty	斤一	Grapes	葡萄
Cauliflower	菜花	Green Peas	豌小
Cayenne	椒胡紅	Hares	子兎野
Celery	芹旱	Hash	細切
Cheese	司酥	Horse-radish	根辣
Chestnuts	子栗	Jam	醬及
Chickens, Spring	雞嫩	Jelly	立及
Chinese Plums, green	子梅生國中	Lard	油猪熟煞
,, ,, ripe	子梅熟國中	Lemons	橘酸

Mace	司以梅
Mackerel	魚乾馬
Mangoes	果芒
Melon	瓜
Milk	乳牛
Mince	細斬
Mint	荷薄
Mutton	肉羊
Ningpo Fish	魚蘆
Nutmeg	果玉
Nuts	果乾
Okra	扣噁
Onion, Bombay	頭葱倍班
,, California	頭葱山金
Orange, Coolie	橘廣
,, Mandarin	子橘
Parsley	姿芫
Parsnip	蔔蘿菜芹
Partridge	鴿鳴
Peach	子桃
Pear	梨生
Pepper	粉椒胡
Pheasant	雞野
Pigeon, tame	子鴿
,, wild	鴿野
Pineapple	蜜羅波
Pomegranate	榴石
Pomfret	魚鯧
Pork	肉猪
Potatoes, Canton	芋山東廣
,, Chusan	芋山山舟
,, Foochow	芋山州福
,, Japan	芋山洋東
,, Macao	芋山門澳
,, Newchwang	芋山庄牛
,, Si-ka-way	芋山滙家徐
,, Szechuen	芋山川四
,, Wladivostock	芋山春琿
Pound	磅一
Prawns	蝦大
Pumelo	柚綠 又名文旦
Pumpkin	瓜飯
Qnail	鶉鵪
Quince	瓜木
Radish	蔔蘿紅小
Raisins	乾萄葡
Sage	蘇紫
Salad	菜生
,, Oil	油菜生
Salt	鹽
Samli	魚鱗
Sandwiches	即屈回特山 中片兩頭饅 的肉或魚夾
Shrimp	蝦
Snipe	雞竹小
Spinach	菜菠
Soles	魚擺風
Stew	煨
Sturgeon	魚蛤
Suet	油牛
Sugar	糖
Thyme	芹茴
Toast	餵即脫司拋 烤片薄切頭 的黃
Tomato	柿番
Tripe	肚牛
Turkey, tame	雞火
,, wild	雞火野
Turnip	蔔蘿白
Veal	肉牛小
Vegetable Marrow	瓜番國外
Vinegar	醋
Walnuts	桃胡
Water Cress	芹蒲
Woodcock	雞竹大

華餐上品調製

蒲萄鴨

▲用麵渦埋鴨紅炸過落清湯面上鴨絲砌花上

杏花鴨

▲用鴨猪肉火腿香信各物粒會杏仁炒香在面

杏桃鴨

▲用猪肉蓮子火腿香信白果

瑪瑙鴨

▲用鴨走油炖淋拆骨猪肺用水沉白

寶鴨穿蓮

▲用鴨肉蓮子火腿香信各物粒會上

柴把鴨

▲用熟鴨火腿香信筍各切寬條正菜絲扎把清湯

玉竹鴨

▲用鴨肉玉竹火腿香信筍各物切寬條清湯

窩鉄鴨

▲用鴨收隻去骨止柴猪肉毛支紹酒香信入內炖淋黃薏

荷包鴨

▲俱全全鴨一樣加多紅棗香信火腿蓉面上

白寶全鴨

▲用鴨成隻去骨猪肉火腿香信栗子蓮子苡米各物切粒入鴨內炖淋清湯

果子全鴨

▲皆全一樣加果子砌面大料荅馬

蓮盆鴨

▲皆全一樣加多蓮子大料荅馬

荷蘭鴨

▲用鴨荷芡米走油紅炖双并

脆皮鴨

▲用鴨生炸炖淋去骨麻醬荅粉交勻切日字樣　全鴨走油

北芪鴨

▲用鴨炖淋去骨北芪砌面上原湯

南棗鴨

▲用鴨切件南棗炖好香信火腿砌面原湯

白菓鴨

▲皆全全鴨加白果砌面原湯

虎　鴨

▲用鴨切件炖淋砌面黃慈

龍虎鴨

▲用鴨黃炸魚肉切片面日撈過走油原湯

袁色鴨

▲用鴨肉香信火腿琢爛小日撈過煎成荷包釀冬菇并

栗子鴨

▲用鴨生切件栗子炖淋双并原湯砌面

冬虫鴨

▲用鴨炖淋拆骨冬虫草紅棗香信火腿苔面

蓮子鴨

▲用鴨火腿猪肉香信各切粒網油捲住扎成蓮子樣

鹽水鴨

▲用鹽水煮過八角水白切火腿會面

棋子鴨

▲用紅棗香信苔面黃蔥鴨切件炖好

芙蓉鴨

▲用熟鴨切件面粉旦麻醬撈過渦炸黃蔥

什錦鴨

▲用鴨炖淋去骨苔火腿香信什錦料清湯

金雀鴨

▲用鴨切件在上火腿二陳淮山在底清湯

羅傘鴨

▲用熟鴨件二層火腿上層淮山在三層草菇做底清湯

燒鴨捲

▲用鴨肉生笋香信葱網油捲住燒椒鹽切件

生葱鴨

▲用鴨香信笋火腿幷面馬蹇撈

子牙鴨

▲用生羌牙幷酸炖淋去骨紅蹇

杞子鴨

▲用鴨杞子炖好去骨淮山杞子砌面原湯荅馬上

白快鴨

▲用鴨紹菜炖淋去骨双幷紅蹇

陰陽鴨

▲用腊鴨肉生鴨各切件炖淋双幷原湯上

三仙鴨

▲用鴨片火腿生蝦三幷原湯

彌陀鴨

▲用鴨仔去毛衣走油炖淋紅蹇

含笑鴨

▲用鴨蒸淋去骨白果双幷原湯上

銀針鴨

▲用鴨肉香信旦芽菜去頭尾會上

玉葱鴨捲

▲用鴨肉猪肉香信葱捲住炖淋白鹵

凉辦鴨

▲用鴨肉片麻末芥末撈過雪梨波羅荔枝底出

甲子鴨

▲用生鴨肉猪肉香信生笋葱白薑

鷹爪鴨

▲用鴨炖淋去骨又用釀白鴿切件双幷清湯

荔枝鴨

▲用鴨炖淋去骨幷荔枝肉原湯

米沙鴨

▲用生鴨切片落米沙香信白油

梅花鴨

▲用生鴨切指甲樣炒花生肉金黃薑

花紅鴨

▲用鴨肉切寬條俾紅菜水染色用菜双幷

楊梅鴨

▲用生鴨塚爛埋丸會小菜上

文武鴨

▲用熟鴨肉切絲腊鴨切絲火腿麻醬芥末凉辦

新會渣鴨

▲皆仝凉辦一樣

玉桃鴨

▲用熟鴨切絲加佛桃肉會小菜上

桂子鴨

▲用鴨炖淋去骨鳳眼肉原湯蒼馬

生豆鴨

▲用鴨肉切粒荷蘭豆仁仝會火腿香信蒼馬

梧桐鴨

▲用生鴨肉琢爛油網包住炖好蒼馬原湯

南乳鴨

▲用生鴨切件炖好落南乳香信蒼面原湯

玉蘭鴨

▲用魚翅猪肉香信火腿入鴨內清炖

陳皮鴨

▲用鴨走油猪肉四兩陳皮五只炖淋香信砌面原汁紅燜

南菜鴨

▲用鴨猪肉香信南菜蒸淋去骨原汁

神仙鴨

▲用鴨炖淋去骨火腿毛菇筍砌面清湯

長生鴨

▲用鴨猪肉香信琢爛炖淋黃燜原汁出

吐子鴨

▲用鴨肉入鴨旦炖淋去骨清湯苔馬

鴛鴦鴨

▲用鴨大腿双幷芥菜出

金銀鴨

▲用鴨一隻走油又一隻白色炖淋去骨苔馬

黨參鴨

▲用鴨炖淋去骨紅棗香信黨參砌面原湯

肚子鴨

▲用屈頭鷄仔去淨走油原湯

冬菜鴨

▲用鴨走油猪肉香信入內炖淋去骨原湯

梅菜鴨

▲用梅菜猪肉香信各物切粒入鴨內走油炖淋原汁

淮山鴨

▲用鴨蒸炖拆骨淮山紅菜香信砌面原湯

葵花鴨

▲用熟鴨肉切片火腿淮山香信在正頂火腿粒在心清湯

紫微鴨

▲鴨猪肉香信葱火腿面粉正菜上面蒸熟玻璃意

風車鴨

▲用法俱仝柴把鴨壹樣五花喃走油鮑魚炖淋清湯

科甲鴨

▲用熟鴨肉起雙飛火腿在心砌好清湯

包登科鴨

▲皆仝上式中間加火腿

雪花露鴨

▲用生老水豆付切骨牌片各料會上

紫微鴨丸

▲用鴨肉香信火腿各物粒紫菜上面

寶鴨穿蓮

▲仝全鴨一樣加蓮子火腿香信砌面清湯

柴把鷄

▲用鷄火腿香信各切寬條正菜絲扎成砌面

八快鷄

▲用生鷄肉切花頭黃酒白油炒上碗小十六件

銀絲鷄

▲用鷄香信火腿各切絲小菜會

紅燉鷄

▲皆仝紅炖一樣信香砌面

鳳落蓮塘

▲用熟鷄蓮子香信火腿笋各物粒會

鳳凰寶鷄

▲用鷄肉琢爛鷄皮捲住加旦走油椒鹽干出

玻璃鷄

▲用鷄片包住生鷄肉苓粉撈過火腿蒸熟清湯

水晶鷄

▲用鷄切件苓粉撈過焯熟蒸淋砌面毛菇底火腿荅馬

冬笋鷄

▲用鷄切件紅棗香信砌面

冬菇鷄

▲用鷄切件紅棗香信苓粉撈過焯熟蒸淋冬菇双幷荅大料

毛菇鷄

▲用鷄切件苓粉撈過焯熟蒸淋双幷大料火腿時菜

簑衣鷄

▲用鷄去骨切件法菜蒸熟白窓

蓮花鷄

▲用鷄香信百合毛菇各物切片會火腿荅馬

黃捫鷄

▲用鷄切件色油捫淋紅窓紅棗香信砌面

蘇　鷄

▲用鷄肚皮鷄肉豬肉杭仁火腿琢燜蒸熟切件

杏花鷄

▲用鷄香信豬肉各馬杏仁火腿砌面

梨子鷄

▲用鷄肉切寬條粉子沙梨捞邊會

珍珠鷄

▲用鷄肉琢燜苡米蒸火腿砌面

棋子鷄

▲用鷄肉琢燜付皮捲住走油砌面黃燜

黃竹鷄

▲用鷄香信火腿各物切寬條清湯

文武鷄

▲用鷄壹隻分開兩邊紅一邊白一邊拆骨大料時菜

杏仁鷄

▲用杏仁汁苓粉切羔切骨牌樣鷄片時菜

紅白鷄

▲用鷄鍋燒麻醬蛋白加椒鹽上

米沙鷄

▲用鷄肉捞米沙香料干出

麻醬鷄

▲用熟鷄切片麻醬芥末沙梨底凉辦

炒鷄瓜

▲用鷄生切片香信筍炒酸話出

子母鷄

▲用熟鷄蛋白火腿毛菇各物粒會

雪片鷄

▲用蛋白撈邊鷄皮小菜毛菇會火腿面

銀針鷄

▲用綠豆芽菜去頭尾鷄筍火腿各物切絲會

香糟鷄

▲用白糖鹽葱羌落在鷄上蒸淋片肉上

連珠鷄

▲用鷄白果火腿香信白糖凉辦出

淮山鷄

▲用鷄炖淋拆骨火腿淮山香信砌面上

粉皮鷄

▲用鷄切件麻醬芥末白糖凉辦出

鉄素鷄

▲用鷄火腿川耳小菜各切絲炒金黃蕙

倚仗鷄

▲用鷄切片落矮瓜走油黃捫金黃薏

佛子鷄

▲用鷄肉切粒起花頭走油加佛手桃肉會上黃薏

黃網鷄

▲用網油包住鷄片走油炖淋原湯

楊桃鷄

▲用猪肉釀楊桃小菜鷄片會清湯

玉蘭鷄

▲用鷄炖淋去骨火腿紹酒原汁苔馬

麻花鷄

▲用鷄焯熟猪肉絲日菩粉撈邊走油干炒芝麻火腿面

金燉鷄

▲皆仝全鴨一樣苔大料

板玉鷄

▲用熟鷄肉琢爛魚肉片好將魚蓋面蒸熟切件

肚子鷄

▲用鮲頭鷄仔開貝落紹酒羌汁淹過炖淋黃薏

高飛鷄

▲用鷄壹隻紹酒羌黃炖淋切件扣上苔馬

金錢鷄

▲用鷄肥猪肉火腿各物切片鷄在中炭火燒熟

紫微鷄

▲用生鷄肉馬足火腿蝦米葱旦白各切粒會上

綸紗鷄

▲用鷄將色油搽皮走油干上椒鹽

高素鷄

▲用鷄肉切片麻醬旦芥粉撈過走油椒鹽干出

菓子鷄

▲用杏仁杭仁火腿猪肉蛋芥粉將鷄攤開捲住蒸熟切件上

插燒鷄

▲用鷄切件燒好小旦灰麵飛過椒鹽干出

五彩鷄

▲用鷄肉火腿石耳波菜燕窩撈紅拍埋會

鹽水鷄

▲用鷄切件頭紹酒羌汁蒸熟原汁會

西鳳鷄

▲用鷄切片麻醬芥末凉辦

栗子鷄

▲用鷄切件頭炖淋栗子走油扣面荅馬

葫蘆鷄

▲用熟鷄紹酒椒鹽羌葱蒸熟攤凍片上

穿孔鷄

▲皆同全鷄一樣加多蓮子在內

炒鷄崧

▲用鷄肉琢爛香信馬蹄筍火腿在內炒上

製鷄粥

▲用鷄琢爛入上湯苓粉退糊火腿上面

會鷄粉

▲用鷄火腿香信筍各物切絲清湯會

麒麟鷄

▲用生鷄琢爛火腿香信筍付皮捲住扎一个萬字會

紹酒鷄

▲用生鷄肉切件苓粉撈過焯熟火腿砌面

龍虎鷄

▲用鷄壹隻鴨壹隻炖淋去骨双幷窩在底

海棠鷄

▲用冬菇改成海棠花樣將鷄炖淋双幷黃燜

蓮盆鷄

▲皆同全鷄一樣加蓮子砌面大料

生會鷄片

▲用鷄香信馬足筍各物切片會上

會野鷄丁

▲用猪肉鷄香信筍火腿各切粒會

菓子全鷄

▲用生鷄去骨全隻香信苡米猪肉栗子白果各物切粒會好入鷄肉

生炸子鷄

▲用鷄壹隻走油香信底銀紅憲亦有椒鹽

一桂花翅

▲用炒熟蛋玉熟鷄各琢爛蛋白撈紜各物魚翅炒干火腿杭仁茸在上

玉蘭翅

▲用翅猪肉火腿香信毛菇筍芥蘭心各切絲會上清湯

綉球翅

▲用翅筍香信火腿葱各物絲魚膠埋丸清湯

翡翠翅

▲用北鹿香信猪肉火腿筍各物切絲會上

蘭花翅

▲用翅香信猪肉火腿各物切絲會鷄蛋絲苔上

金翅把

▲用鷄火腿筍香信猪肉切寬條正菜尾把清湯

花紅翅

▲用鷄火腿猪肉香信笋正菜扎把清湯

青竹翅

▲用笋猪肉香信火腿菜花芥末麻醬凉辦

凉辦翅

▲用翅火腿猪肉切粒凉辦沙梨在底

銀針翅

▲用綠豆芽菜去頭尾火腿猪肉各切絲白蔥

玉帶翅

▲用翅猪肉炖淋切絲笋香信清湯會

柴魚翅

▲用云吞走油加胃肉十六片鹽水酒羌汁撈過蒸熟鷄肉會

快馬翅

▲用猪肉火腿切絲仝翅炒仝撈

腐肉翅

▲用香信猪肉炒白撈各切絲

鉄線翅

▲用云耳香信葱猪肉各物絲炒

銅圓翅

▲用鴨肉猪肉香信火腿各切絲清湯

金銀翅

▲用火腿鷄切絲三并清湯

銀塔翅

▲用羊肚肥肉火腿菜各物切絲清湯會

綿荳翅

▲用猪腰火腿香信各切寬條清湯會

荷包翅

▲用魚膠造成蛋樣伴翅菩清湯

裸彩翅

▲用猪腰火腿時菜菩面清湯

波蘭翅

▲用熟波菜并翅火腿鷄茸清湯

銀帶翅

▲用羅白出水加猪肉火腿清湯

鷄骨翅

▲用鷄仔成个蒸熟去骨并翅火腿茸面清湯

鴨骨翅

▲皆同鷄骨翅壹樣料菩馬

清燉翅

▲用猪肉筍絲底翅面火腿鷄絲菩馬清湯

紅燉翅

▲皆同上壹樣合式

芙蓉翅

▲用肥肉筍絲翅葱白撈過煎紅憲

江南翅

▲用好江南正菜幷翅鷄絲火腿絲蒼馬

鳳塔翅

▲用鷄蒸熟淋去骨幷翅火腿大料蒼馬面黃憲

玖皇翅

▲用王耳狗肉筍絲底翅面火腿鷄絲蒼面清湯

屯骨翅

▲用翅堆脫蒸淋清湯蒼馬

海帶翅

▲用猪肉香信在底翅面蒼馬

茄楠翅

▲用矮瓜切絲邊去皮走油撈過翅火腿蒼上

蚨蝶翅

▲用云吞火腿鷄片翅在面或用生蝦開欠亦合

千張翅

▲用馬牙肉炖淋加條子豆金黃色翅在面

金線吊芙蓉

▲用煎蛋絲蚧肉絲一邊清湯幷翅甘蚧肉猪肉筍火腿各物絲炒

楊梅吊子翅

▲用鮑魚蚧肉火腿香信筍幷好會上

鳳尾蓋龍鬚

▲用鷄蒸淋去骨魚翅在底鷄在面苔馬清湯

銀絲吊耳環

▲用生蝦肉開蚊蠓樣苓粉撈過幷翅火腿絲面清湯

青翅轉西

▲用咸菜切絲使銅器煲過青色幷翅白蕊

扣三絲翅

▲用火腿鷄扣面猪肉筍底清湯

三塔翅

▲用翅三層紅白綠分開三層清湯

白花翅

▲用藥肚炖淋幷翅火腿苔馬

桃園翅

▲用波菜汁埋糊鷄茸仝埋翅落火腿在面

三絲翅

▲用鷄火腿猪肚頭翅四幷猪肉筍底清湯

鳳凰翅

▲用魚膠蛋皮捲住馬蹄粒在內火腿在面清湯

同元翅

▲用火腿鴨利扣面猪肉笋底清湯

鷄汁燕窩

▲用白貝木耳清湯

五絲燕窩

▲用火腿鷄皮毛菇笋香信各物絲底

綉球燕窩

▲用魚肉膠埋丸火腿在面清湯

西路燕窩

▲用燒鹵加醋落碗肉香信火腿切絲埋丸白蕙

凉辦燕窩

▲用銀芽菜清湯

蛋皎燕窩

▲用煎鴨旦角扣玻璃佬

清咸燕窩

▲用鷄白糊塗底清湯

蝦球燕窩

▲用蝦撋爛小旦一齊法好火腿苔面

小馬燕窩

▲用火腿猪肉鷄絲香信底清湯

銀角燕窩

▲用魚琢爛法好埋盆蒸熟取起切骨牌樣火腿清湯

金角燕窩

▲用魚琢爛法好埋成三角樣鷄片火腿清湯

玉盆燕窩

▲用小旦白法好燕窩盆蒸熟取起切骨牌樣鷄火腿清湯

銀帶燕窩

▲用羅白出水穿過落肉絲火腿清湯

燕落巢園

▲用佛桃肉杭仁肉生蓮子氷糖底燕窩面

黎金燕窩

▲用番瓜去皮切絲上湯煮爛凉干羔湯吊過把濕窩面清湯

燕落西湖

▲用西瓜切粒窩在面氷花糖出水

燕落杏花

▲用杏仁水芡粉水氷花埋糊在面上

奶子燕窩

▲用牛奶旦氷花粉酒蒸熟埋窩在面

銀絲杏窩

▲用杏仁去皮擂爛取汁落豆粉氷花碎頭埋羔取起切絲底燕窩在面

三仙燕窩

▲用生鷄胷肉琢湯絞開加旦白粉埋羔鷄茸火腿盖面

桃園結義

▲用猪肉筍鷄一齊切片窩在上面白鴿旦石耳火腿粒三并清湯

雲開見月

▲用猪肉生筍毛菇切片底窩石耳面盖小邊清湯

燕落青絲

▲用猪肉生筍香信鷄火腿切絲窩在面用法菜走油穿過揑邊

燕落鳳巢

▲用鷄炖淋拆骨拍邊窩成只銀紅憲上

龍虎會

▲用鷄鴨炖淋窩在底鷄鴨去骨成只銀紅憲

五福燕窩

▲用白旦底毛菇火腿菜薳在面窩在心清湯

桂子燕窩

▲用白鴿旦并窩清湯荅馬

燕窩球

▲用生蝦琢爛法好將窩放在砧板上將蝦小丸在窩蒸熟清湯荅馬

銀河帶燕窩

▲用小旦白蒸熟火腿鷄絲窩在面清湯

黑白袍燕窩

▲用窩法好入過湯用番瓜茸入過湯凉干入金黃湯窩在面上

鳳凰燕窩

▲用鷄旦法好燕窩火腿粒在心清湯用酒一杯蒸

鉄鵲燕窩

▲用窩法好用鵪鶉全入果子盛炖淋幷窩清湯荅馬

八品燕窩

▲用窩法好入過湯鴿旦放在蝦仁鴿旦落在窩面

三絲燕窩

▲用窩法好入湯旦白火腿猪肉切絲窩在面清湯荅馬

麻央燕窩

▲用窩法好入湯後用麻央鷄火腿猪肉香信切粒上湯荅馬

九皇燕窩

▲用窩法好入過湯後用黃牙白久菜火腿

大會燕窩

▲用窩法好後入過湯用鷄火腿笋香信切片上湯荅馬

黎金燕窩

▲用窩法好入過湯用番瓜茸入過湯凉干入過金黃湯窩在面上

燕落菓園

▲用窠法好入過湯糖水後落蓮子糖水窠在面上

燕落蓮塘

▲用窠法好入過糖水蓮子佛桃杭仁馬蹄西瓜山桔紅棗黃切粒入

百鳥窩

▲用窠法好杏仁去皮擂爛格過用上湯埋

杏茸窩

▲用窠法好入過湯鴨集火腿鷄笋魚杭生蝦三仙黃薏切片清湯

蛋青窩

▲用窠法好入湯旦白法好入湯蒸熟窠在面清湯荅馬

鱉　蟬

▲皆仝山瑞壹樣過湯扣面

連珠帶子

▲用水煮過不要酒用上湯猪肉帶子扣面清湯

麒麟旦

▲用笋猪肉香信葱切絲付皮捲住扎成一个走油香信炒笔笋尖一寸落鷄茸

筆落蘆花

▲用冬笋草菇各切粒

三星如意

▲用草菇石耳冬笋腰花清湯荅馬

雙舊雪花
▲用熟鷄去骨開面旦走油椒鹽扣碗邊紅色王憲

英雄瓜子
▲用燒猪脚薯仔扣起黃憲

碧牙西
▲用熟旦波菜鷄火腿各切粒四幷扣面

清燉山瑞
▲用山瑞紅棗猪肉香信馬蹄炖淋扣面荅火腿香信時菜

紅燉山瑞
▲皆仝清炖加多猪油荅馬原湯

清燉水魚
▲皆同清炖山瑞壹樣清湯荅馬

冬菜原湯
▲用水魚走油冬菜紅炖扣面

連珠碧合
▲用白果百合香信會

天花菜
▲用鞏菜鷄冬笋火腿各切絲炒

金銀菜
▲用菇一邊火腿一邊幷好清湯荅馬

四省菜

▲用生菜心猪油鷄油清湯

蚨蝶菜

▲用廷菜遠改成蚨蝶樣會

清蘭菜

▲用芥蘭心會火腿苔馬

蘇知菜

▲用香信香付瓜豆粉炸過扣勻凉辦

雞蘭菜

▲用拆皮冬笋鷄皮火腿清湯

紹興菜

▲用紹酒菜頭冬笋切小片炒浙醋白糖炒

八果唐菜

▲用合桃肉杭仁杏仁西瓜柿霜蓮子金桔冰水出

蘇花絲

▲用草菇豆付切絲會一

石耳捲

▲用石耳捲魚膠捲成如意樣皆仝長意如清湯

金耳環

▲用新白果火腿條寸炒對二清湯

翡翠羹

▲用波菜遠焯熟切絲鷄茸火腿埋糊

絲吊子

▲用麵根付竹炖淋清湯

炒加渣

▲用咸菜頭生筍切片金色

炒桂子

▲用鳳眼上湯寸過香信冬筍炒

炒栗子

▲用風栗冬筍菇切片金色

油菜

▲用生麵根寸過鷄皮火腿生蒸三幷

新玉蓮

▲用生蓮子氷糖瓜粒出

肉落九重

▲用九杞菜寸火腿筍各切絲清湯

珠聯碧合

▲用白果火腿清湯

白窩子

▲用青菜白果肉付竹各切粒會

蓮花根

▲用白菜心生面根炖好

扭子蚝

▲用生蠔風栗炖淋并用

清燉銀帶

▲用白付竹鷄皮火腿笋香信清湯

金蟬銀脫

▲用魚膠羌草菇蒸熟金色憲火腿茸

金盞銀盤

▲用魚膠羔冬菇火腿茸苔心象牙色憲

双飛蛱蝶

▲用生蝦肉開邊加正菜并白色憲

燒釀鵪鶉

▲用鵪鶉切片香信馬蹄火腿網油網住燒干出

釀鵪鶉

▲用鵪鶉成只香信生蝦入肚蒸熟白憲

五香白鴿

▲用白鴿紅走油炖淋香料鹽干出

瑪瑙白鴿

▲用白鴿炖淋去骨切片小旦走油蒸過紅色憲皮旦并

淮山白鴿

▲用鴿鶉炖淋去骨紅棗香信淮山扣面清湯

鷓鴣茸

▲用鷓鴣琢爛馬蹄香信炒火腿茸面

鷓鴣園

▲用生蝦加肥肉琢爛埋丸扣好白蔥

清燉禾鵲

▲用鵲走油白鴿竹笋清湯扣好

雀子球

▲用生鴿鶉琢爛小旦法好蒸熟又熟旦走油金色

双龍會演

▲用鮕魚頭沉龍頭走油玉炖扣好蒼馬

鳳配九龍

▲用沉龍走油加鷄切件火腿炖淋出

掌上明珠

▲用鵝掌幷魚肉云吞清湯

脚踏青雲

▲用鴨掌幷草菇清湯

脚踏王侯

▲用鴨掌幷天梯王喉清湯

脚踏龍頭

▲用鴨幷沉龍頭清湯

水晶石

▲用清炖排骨生笋香信白蔥

水晶羔

▲用猪肉煲淋去皮加火腿鷄汁冷凍切骨牌樣千出

金銀喉

▲用肺輭喉切花火腿切條毛菇笋清湯會

花紅肚

▲用熟猪肚切絲佬紅色紅米染火腿鷄會

金龍尾

▲用猪尾炖淋去骨切度入火腿條切心麵粉小旦走油會撈

水晶根

▲用猪脚根炖淋馬蹄底

八仙樂

▲用猪肉瑙蒸熟火腿鷄肉紅棗杭仁合桃各切粒會

奶子羹

▲用杏仁汁牛奶苓粉埋羔上艮面

指日高陞

▲用猪腰切絲落紫菜會過火腿絲在面

鵪鹿蜂猴

▲用鵪鶉三只去骨全只鹿王喉風栗扣面

鵪鹿蜂猴

▲用全白鴿壹只王喉栗子三幷清湯

英雄會

▲用鵪鶉禾花雀走油炖淋原湯蒼馬

將軍看桂綠

▲三仙幷毛菇玻璃蕙

將軍秀梅花

▲用二耳幷猪老志清湯

龍虎會

▲用龍利旦面炸切開同會苦瓜同會

黨參白鴿

▲用白鴿三只猪肉四兩冬虫草紅棗香信扣面清湯

冬虫白鴿

▲用白鴿三只猪肉四兩冬虫草紅棗火腿扣面原湯

杞子白鴿

▲用白鴿三只猪肉四兩杞子紅棗香信扣面清湯

淮山白鴿

▲用白鴿三只猪肉四兩蒸炖拆骨淮山紅棗香信原湯火腿面

草菇白鴿

▲用白鴿三只猪肉四兩草菇馬蹄紅棗切扣面枝子憲

神仙白鴿

▲用白鴿三只蒸熟猪肉四兩草菇馬蹄香信紅棗火腿扣面原湯

脚踏子經

▲用白掌幷鷄笭心火腿用如意底清湯

桃園結義

▲皆仝脚踏子經一樣上

仝白鴿

▲用猪肉香信果子蒸熟原湯苔火腿香料

蓮子仝白鴿

▲皆仝全鴿一樣加多果子苔面清湯

双憲會猪侯

▲用全白鴿二只幷王侯清湯扣面

王侯會燕

▲皆仝上一樣

紅燉白鴿

▲用白鴿三只猪肉四兩笋底紅憲

芙蓉白鴿

▲用白鴿起淨骨切件開苓粉小旦和味白鴿走油扣面玻璃憲

窩燒白鴿

▲用白鴿紅燒走油改切則香料鹽干出

五香白鴿

▲用鴿老淋走油開干出用香料

寒鵲担梅

▲用白鴿燒淋毛菇面又白果子冬瓜改成梅花樣

魚映雪

▲用魚頭吞雪耳面火腿會

芙蓉豆腐

▲用豆付皮切四方落魚青素上琢猪肉埋小在心做成燒賣火腿

鷄茸豆腐

▲用豆付入湯切細粒鷄茸在面

蝦子豆腐

▲用香付切細粒鷄蝦子埋撈羔香油上

蘭花豆腐

▲用豆片薄窩旦面豆火腿鷄各切金蕙

小冬菇豆腐

▲用油走豆付切口馬足毛菇冬菇清湯

銀絲豆腐

▲用豆付切絲旦白鷄皮火腿清湯

蚊蜘豆腐

▲用水豆付粗節過眼打碎頭焗好火腿茸

五彩仙球

▲用水豆付琢爛猪肉生蝦膠心蒸熟後開生日三面炸過

金絲豆腐

▲用水豆付琢爛猪肉生蝦羔心蒸熟生日三面炸過

水晶豆腐

▲用水付豆鷄皮火腿香信各切粒白蔥

紅羅豆腐

▲用網油包住香信豆付焗過金黃蔥

穿子豆腐

▲用水豆付皮成一个包油炸過金黃蔥

汁子豆腐

▲用水豆付切粒穿過鷄皮火腿蘭豆仁清湯

杏仁豆腐

▲用杏仁苓粉埋羔攞凍盆吹切八寶樣

碧綠豆腐

▲用波菜汁小日煎熟鷄絲火腿清湯

春菊豆腐

▲用水豆付切白字樣後落白菊花清湯

紫微豆腐

▲用水豆付切牌樣正菜清湯

佛子豆腐

▲用水豆付合桃肉各切粒銀紅憲

花紅豆腐

▲用水豆付穿過各切粒落紅米福米花生會

五彩豆腐

▲用白米白荳擂爛正菜蒸黃青紅黑白色火腿香信清湯

鷄皮豆腐

▲用付皮捲生鷄肉火腿笋清湯

薄脆豆腐

▲用五香豆付八角香料片薄小旦椒鹽干出

蝦仁豆腐

▲用生蝦肉琢爛埋火腿茸蒸熟清湯

青龍豆腐

▲用豆付切條鷄皮火腿付竹清湯

江南豆腐

▲用水豆付鷄皮火腿黃切粒會

火絨豆腐

▲用水豆付煲老黃色清湯

綉球豆腐

▲用水豆付香信猪肉火腿各切粒會

燒紅豆腐

▲用猪肉香信蝦米琢爛條子穿好漫炒

珊瑚豆腐

▲用豆付片爛俾波菜汁或久菜汁一齊埋糊

瑪瑙豆腐

▲用水豆付片爛加皮旦切粒穿一齊埋糊火腿茸面

笋尾豆腐

▲用魚膠豆付包住蒸熟清湯

蘇卷豆腐

▲用魚膠火腿香信蝦米網油包住落椒鹽干出

金銀豆腐

▲用條子豆切寬條日字樣清湯

蓮蓬豆腐

▲用豆付過布眼落小旦法爛酒杯蒸蝦肉心火腿面

八寶豆腐

▲用合桃杭仁瓜子冬瓜氷糖出水

銀絲豆腐

▲用豆穿實切火腿毛菇鷄各切絲清湯

蚊蝶豆腐

▲用條子豆付造成蚊蝶樣清湯

雪花豆腐

▲用燕窩豆付切方香信火腿清湯

紅心豆腐

▲用水豆付穿過色油湯漫煮

玉蘭豆腐

▲用水豆付過布旦白法好蝦毛菇火腿在面心杯蒸清湯

波菜豆腐

▲用波菜汁火腿鷄茸豆付會

鷄爬豆腐

▲用上咸蝦鷄肉火腿香信葱花猪肉笋炒

鷄蜘豆腐

▲用旦豆付法好蒸熟扯起切牌樣清湯

鷄鴨豆腐

▲用旦法好蒸熟切粒豆付會

玻璃豆腐

▲用豆付切粒穿過加蓮子火腿清湯

連珠豆腐

▲用豆付切粒穿過加蓮子火腿清湯

珍珠豆腐

▲用水豆付切細粒穿過火腿鷄毛菇微憲

銀合豆腐

▲用水豆付旦白法好魚膠心蒸熟火腿茸俾羹清湯

包子豆腐

▲用豆付切包子大清湯

八寶參

▲用果子心火腿鷄皮各物切粒清湯

三仙參

▲用肉丸魚肚海參幷清湯會火腿香信

釀什錦參

▲用魚膠肉料清憲苔馬

芙蓉參

▲用鷄火腿熟旦白各切粒會火腿粒會

珍珠參

▲用火腿鷄香信白果各切粒白憲

蚨蝶參

▲用火腿鷄筍各切粒指甲片白憲

凉辦參

▲用芥末麻醬白加菜凉辦

鴨子參

▲用鴨炖淋拆骨參双幷

鳳配參

▲用鷄炖淋拆骨參双幷蒼馬

菜胎參

▲用白果幷海參双幷蒼馬

高麗參

▲用參走油鷄皮火腿三撈

王同參

▲用熟鷄笋火腿各物切條旦白入參內走油干出

五香肉參

▲用條子走油炖淋全撈

烏龍盖鳳

▲用鷄大參炖淋双幷上

龍穿鳳

▲用參一條入鷄內蒸淋蒼馬

會什錦參

▲用參切粒熟旦白香信笋各粒會蒼馬

綉球肉

▲用魚膠捲各絲成丸笋香信旦火腿葱絲白燴

網絲肉

▲用猪肉香信旦網油各切絲會荅馬火腿鷄絲

紅燉肉

▲皆仝芙蓉肉一式加南杏百合香信扣面

青燉肉

▲皆仝東波肉一式

梅花肉

▲用紅米水上色時菜會

酥肉環

▲用猪肉琢爛造成耳環樣壹對走油酸姤紅撈

玻璃肉

▲用肥肉焯熟面粉荅粉旦撈過走油加白糖干出

水晶肉

▲用肥肉切粒香信火腿時菜會上

蒸肉欖

▲用肉琢爛造成杭樣白蔥

蒲桃肉

▲用瘦肉琢爛小菜埋丸黃蔥出

芙蓉肉

▲用肉旦面撈過走油小菜清湯

醬汁肉

▲用炖熟肥肉落南乳淋汁上

荷菓肉

▲用喃肉炖淋過水丁香八角黃蔥

香曹肉

▲用喃肉煲熟過水香曹蒸淋

黃烟肉

▲用後屯肉炖淋糖醋炒干皆仝烟樣

波蘭肉

▲用猪肉切絲波菜炒

桂花肉

▲用猪肉琢爛香信火腿各切粒撈勻蒸

銀蚧肉

▲用生猪肉熟苡米在面網油包住蒸熟紅蔥

香磨肉

▲用猪肉切件五香咸水炖好黃蔥

銀苔肉

▲用猪肉皮炖淋火腿熟白鷄各切粒會

荳沙肉

▲用猪喃去皮改正豆沙痂住干出

銀針肉

▲用熟肉旦白火腿切粒凉辦

氷葉肉

▲用猪利切片魚膠樣蒸熟黃燋

蒲桃肉

▲用大腸頭加生蝦琢爛入腸內炖淋白撈

茶元肉

▲用猪肉琢爛埋丸草菇包住蒸熟金黃燋

明牙肉

▲用猪肉大蝦笋切件骨牌片炒上

肉芙蓉

▲用芙翅去根切花走油淋後落猪肉火腿清湯

子盖肉

▲用肥肉切片面撈過走油改正椒鹽干出

萬子肉

▲用花喃切斗方皮起萬字花走油炖好黃燋

南乳肉

▲用花喃走油加南乳炖淋扣好原汁上

石榴肉

▲用猪肝火腿笋香信各切粒會上

猪子肉羹

▲用猪皮炖好花生豆白火腿切粒會

三扣肉

▲用猪喃走油切日字樣笋豆扣面紅憲

葛扣肉

▲皆仝三扣一式加葛紅憲

荳豉肉

▲用五花肉走油紅憲

馬牙肉

▲皆仝芙蓉肉扣好清湯上

紅白桃花肉

▲用燒肉炖好水豆付双幷清湯

蘇肉

▲皆仝芙蓉肉一式

梅花蘭竹樣肉

▲用雪梨扣火腿双幷出

金錢鰉

▲用鰉切金錢樣時菜炒酸筍上

黃鰉羹

▲用黃鰉熟拆骨香信笋底鰉面火腿苔馬

栗子鰋
▲用鰋走油去骨幷栗子扣面紅燒

紅燉鰋
▲用烏耳鰋走油拆骨小菜銀紅燒

芙蓉鰋
▲用鰋切度面粉撈過走油小菜會上

白花鰋
▲用鰋去骨走油羅白炖好双幷原汁

寬條鰋
▲用鰋焯熟拆骨旦面撈過走油肥猪肉笋香信各粒絲紅燒

芙蓉鰋
▲用生鰋旦面撈過時菜清湯會上

馬鞍鰋
▲用生鰋去骨起花頭酸筍瓜英香信炒

蘭花鰋
▲用熟鰋火腿香信笋切粒會

蘇黃鰋
▲用熟鰋切度猪肉香信在心走油椒鹽干出

佛子鰋
▲用熟鰋切件猪肉香信火腿佛桃肉會上

含笑鱔

▲用熟鱔猪肉香信口開白菜火腿會上

龍虎會鱔

▲用鱔切度走油拆骨扣苦瓜双幷蒸

金銀鱔

▲用鱔切度走油拆骨扣冬瓜双幷紅蒸

鯽魚羹

▲用鯽魚煎黃冬菇笋火腿四幷上　鯽魚垂盧皆仝上

清燉甘魚

▲用魚切片旦苓粉撈過走油玻璃蒸

紅燉甘魚

▲用猪肉紅蒸

桂花鱸魚

▲用鱸魚切片旦苓粉撈過走油扣好玻璃蒸

崇魚頭羹

▲用魚頭焯熟拆肉火腿猪肉香信鷄絲仝會上

黃魚頭

▲用魚頭法好切丁鷄皮火腿切指甲苔馬上清湯

鷄茸黃魚頭

▲用黃魚頭法好切粒苓粉鷄茸爲糊火腿茸面

石班皮

▲用魚皮灺好切日字樣清湯會冬菇筍火腿荅馬

龍墩皮

▲皆仝上一式

桂花蛤

▲用田鷄皮捲猪肉粒米香信捲好蒸熟扣好白憲

芙蓉蛤

▲用田鷄肉火腿香信筍猪肉各切指甲片入旦炒上

蓑衣蛤

▲用田鷄苓粉旦撈過焯熟草菇仝會荅馬

水晶蛤

▲用蛤肉苓粉撈過會小菜火腿香信荅馬

香信蛤

▲用蛤肉香信香花菜涼辦上

會蛤羹

▲用猪肉香信筍絲瓜各切絲會火腿面

麒麟蛤

▲用蛤肉火腿香信生筍琢爛用付皮捲住

煎蛤餅

▲用蛤肉旦火腿香信煎餅干上　煎蛤角仝上角樣

燒蚧卷

▲用蚧肉香信火腿網油捲住蒸熟撈過麵粉走油椒鹽干出

茄花蚧

▲用矮瓜切四邊杭核樣會香信蚧肉上荅馬

芙蓉蚧

▲用蚧肉猪肉香信笋鴨旦各切指甲片會火腿荅馬

凉包蚧

▲用旦煎成荷包樣火腿蚧肉在心干出

璃玻蚧

▲用蚧肉東洋大菜仝炖化成羔件上

栗子羊肉

▲用羊肉栗子炖淋双幷原湯上

笋子羊肉

▲用羊肉笋炖好原汁上

桑子羊肉

▲用羊肉桑子蒸淋切件原汁上

羊梅羊肉

▲用羊肉琢爛正菜香信埋丸走油炖好原汁上

扠燒羊肉

▲用羊肉米度撈過紅火炙成扠燒干出

燒羊卷

▲用羊肉香信笋網油捲住火煻燒熟千出

淮山羊肉

▲用羊喃淮山紅棗香信馬蹄炖好清湯荅馬

羊肉筒

▲用羊肉炖淋切件扣面上碗

炒羊肉絲

▲用羊肉猪肉香信笋各切絲炒

清燉銀帶

▲用付竹鷄皮火腿香信切度清湯

梅花加渣

▲用加渣猪肉火腿香信琢爛蒸成羔切日字樣白窻

八寶加渣

▲用加渣琢爛杭仁杏仁佛桃蜜棗糖瓜金桔氷糖做成羔千出

蚨蝶加渣

▲用加渣改蚨蝶樣走油千出

芙蓉加渣

▲用加渣鷄茸苓粉糊加火腿茸在心面上

紅蓮腸

▲用粉腸去衣旦白入內扎成蓮子樣蒸熟扣好清湯

銀花腸

▲用粉腸去衣魚膠火腿茸入內炖淋切件扣好上

紅白腸

▲用粉腸去衣加猪肉琢爛入腸紅一半白一半蒸熟旦白并上

連珠腸

▲用粉腸去衣加猪肉琢爛入內扎成二蓮子樣清湯

棋子腸

▲用大腸入魚膠內切成棋子樣椒鹽干出

菩提腸

▲用猪肉香信笋各切絲入腸內

小花腸

▲用猪肉香信笋各切絲入腸內炖淋走油干出

燒什錦

▲用燒燮肉燒大腸長口猪肝走油用錦菜瓜英苔面上

芙蓉毛支

▲炖好鷄旦面撈過末度走油扣好清湯上

網油毛支

▲用網油包住苓粉毛支扣碗白窓

清燉毛支

▲用毛支炖淋猪肉油豆付粉葛底扣好原湯上

荷包毛支

▲用釣毛支炖淋旦面粉撈過走油清湯荅馬

鉄膠絲

高麗脫

▲用云耳香信茶瓜各切粒會上

皮瓜

▲用冬瓜切牌面粉麻醬撈過椒鹽干出

金錢鳳瓜

草菇魚

▲用冬瓜切金錢樣清湯上

云吞雪耳

▲用魚膠苓粉開皮造成云吞幷草菇荅馬上

云吞

▲仝上　石耳云吞亦仝上

蝦鱔會

▲用蝦開邊苓粉撈過蒸熟幷鱔上

會魚包

▲用魚肉切肉捲香信馬蹄紅棗清湯荅馬

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▲用元蹄白果天梯荅面法菜底

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